Conservation

- Hints -

Basic in the Diet

Fishy Facts

or put fish in the refrigerator

little should be used as these

fluids may be somewhat irri-

Refresher for Corduroy

Spots Before Your Eyes

cloth dipped in cold water . .

Last Evening

and let it thaw gradually.

Stuck Like Glue

## KEEPING HOUSE IN WARTIME

Ingenuity And Subtle Blending of Flavours Make F Dishes Fit for a King

eneral Interest

women's, misses' once-fashionable resort hotel in ors' coats, suits and Normandy, now an officers' rest

ce Fortified

ctions on Gloves

metal containers. Re- of a marinade. ackage these and sun-

3rd Avenue

"It's simply unbelievable, the meals these French cooks turn out using our army rations." belled in the same way wrote a Canadian army doctor articles of men's and who had spent three days at a

gourmet's delight.

flavor well known to French marinade and pour around energy in cooking potatoes? The mannequins and the cosfor Canadian con- cooks is the use of a "marinade." the chops. Reduce the heat and want to save nutritive value tumes they were as folthis winter. It is perhaps significant that simmer chops, covered, until too . . . including iron and lows: with ascorbic acid, this there is no equivalent term in they are nearly tender. Uncover vitaman C? Then, cook them in Gowns, House Coats is on a par with the English language. A marin- and continue cooking until their skins. This applies to juice in vitamin C ade is a liquid, it may be oil, done. Chops may be baked, steaming, boiling or baking . . vinegar, lemon juice or a com- covered, in a moderate oven, serve them "as is" and let the bination of these, blended with 350 deg. F, until tender, about family peel their own. herbs and seasonings and pour- 1 hour. Six servings. ess gloves or mitts in ed over meat, fish or salad inor color they wish, gredients. This is done before restrictions on color cooking or combining and the also applies to leather meat or what have you is allown fabric work gloves ed to stand or "marinate" for and permits the use a time in order to allow it to metal domes and zip- absorb the flavor of the marinthe manufacture of ade. A meat marinade containing vinegar or lemon juice tenderizes as well as flavors.

The delicious flavor of the buy their baking pow- devilled pork chops in today's drated vegetables and meat recipes is due to the use

d waste metal will be Devilled Pork Chops

6 pork chops, 1-inch thick 3/4 cup chili sauce

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ed Spare Ribs, Spanish Style ... (This Special Dish is worth trying)

cial Noon Day Tasty Lunches, 35c and 40c Every Day Except Monday

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Your dollars must buy the tools of war. More and more are needed to put an end to the horror and the bloodshed. Let's not lose sight of our responsibility to the lads who are giving so much for us. Our dollars will make it easier for them to reach the goal our leaders have set—"un-Conditional surrender" of our vicious enemies.

They're not letting us down! How can we fail them? Let's buy all the Victory Bonds we can— AND THEN ONE MORE!

INVEST IN VICTORY

The Dioneer Druggists REXALL STORE PHONES 81 and 82 Open Daily from 9 a.m till 9 p.m. Sundays and Holidays from 12-2 p.m. and 7-9 p.m.

### tablespoons lemon juice

tablespoons grated onion 4 teaspoon dry mustard tablespoons Worcestershire

sauce 1/4 teaspoon curry powder teaspoon salt

4 teaspoon paprika cup water

One of the secrets of subtle a hot greased skillet. Heat the Want to save money, time and music during the display.

### Meat Balls in Tomato Sauce

1 slice bread, 1-inch thick 11/2 pounds meat (beef, veal, if you soak them thoroughly in pork or liver)

teaspoon fat

1/4 cup finely minced onion

tablespoons chopped pars-

1½ teaspoons salt 1/4 teaspoon paprika

½ teaspoon grated lemon

teaspoon lemon juice

1/2 clove garlic, chopped 3 tablespoons grated Canadian cheese

Soak bread in water to cover. bon tetrachloride). Very little Put meat through food chop- will do the trick and only that using a minimum blade. Beat eggs and add to meat Melt fat, add onion and saute tating to the skin. until golden brown. Add to meat. Press water from bread, break with a fork and add to meat together with parsley, salt paprika, lemon rind and juice, chopped garlic and cheese. Combine thoroughly and shape lightly into 2-inch balls. Broil or saute in a small amount fat until done, about 10 to 15 minutes. Serve hot in tomato sauce with or without boiled noodles or spaghetti. Six ser-

### Tomato Sauce

·134 cups tomato juice

3/4 teapsoon salt teaspoon ground cloves

teaspoon sugar

Dash of pepper 4 teaspoon onion juice Dash of cayenne pepper

1/4 teaspoon Worcestershire or the stains. Rub stubborn marks spicy meat sauce .

3 tablespoons flour salt, home treatment with warm Heat tomato juice, cloves, sugar, pepper, onion soapy water should take away dress and black coat. juice, cayenne and meat sauce. the grease spots. Blend flour with a little cold water or cold tomato juice and add gradually to the hot toma- Quietly Wed to mixture. Cook, stirring constantly, until thickened. Serve piping hot with meat balls.

### Liver and Vegetable Casserole 11/2 pounds liver (beef, pork

or calves)

tablespoons flour

teaspoon salt

4 teaspoon pepper 2 tablespoons fat

ed and cubed (4) cups Krupa and H. Haddock. diced)

carrots, scraped and sliced RESERVICE BLITZ GOODS (1 1-3 cups sliced)

1 onion, chopped (1/2 cup) 1/2 cup celery, diced

1 small bay leaf .

11/2 cups boiling water

Combine flour, salt and pepper least 1,000,00 yards of the Mitchell. and roll liver in the mixture. material lying unsold in shops Mrs. Mitchell, at the conclu- in red fox. Melt fat and saute liver until and warehouses will be re- sion of the program, made pres lightly browned. Remove liver serviced and sold for making entations of gifts to Mrs. Strachfrom pan; add turnip, carrots, into articles as overalls, aprons an, Mrs. Cliff Parker and Miss L. M. Felsenthal, wife of the onion, celery, and bay leaf to and rompers. Dyers will dip ex- Verbie Macdonald in apprecia- head of People's Store organizaboiling water and place in a tractive colors. casserole. Cover and bake in a moderate oven, 350 deg. F, for about 1 hour. Uncover casserole for last half-hour of cooking. Serve liver with potatoes or on bed of cooked noodles or spaghetti and garnish with parsley. Six servings.

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 667

> Elio's STORE

Third Avenue, Prance Rupert

Daughters, with the co-operation ghters in his will to: of the Rupert People's Store, "Shun marriage until the age prettily decorated in pink and staged a delightful fall and win- of 25, and to try to avoid the white, showing many useful arter fashion show which won the hasty bestowing of what is not ticles of clothing and toys.

Potatoes . . . now going into plaudits of a large audience. storage for the winter. For best Mrs. Alex Mitchell was in gen- the troublesome complications of appreciation of the wide selec results they should be kept in eral charge of the affair with divorce proceedings which might tion they had to choose from. a dark place where the tem- the able assistance of Mrs. Rob- follow the choice of a husband perature ranges between 35 deg. ert Strachan of the Rupert made in their immature years." phant and home cooking stall possess to a high degree turn marinate for 1 hour. Drain making them sickly sweet. And Miss Janet Rochester acted as of his generation." registered trade mark, even the simplest dish into a chops, reserving the marinade, this cellar fuss-budget is such announcer and Mrs. J. S. Black Wipe chops dry and brown in a homey figure at dinner! provided appropriate piano

Janet Rochester, blue satin nightie and rose quilted silk

Solveig Mork, chenille house

Take the plunge! . . . no fishy Kathleen Hills, lounging pajaodor will remain on your hands mas-Bengaline. Joanne Langridge, seersucker

icy cold water before handling house coat. raw fish. But that's no way to Gwyen McRae, black and white treat fish . . . frozen fish should house coat, silk crepe.

never be put into water to thaw Lois Lakie, black, rose and blue out-in that way all the flavor- silk jersey house coat, ful juices are lost. Cook it frozen Sports Wear

> Beryl Anderson, checker all wool Sinatra suit.

Audrey Hunter, skirt and That's the way with good adsweater, all wool. hesive tape. To remove the Lorna Donaldson, fawn Sinatra

sticky residue rub with a rag suit. moistened with rubbing alcohol, Margaret Murray, red, white nail polish remover, kerosene or and blue skirt and sweater, fain. a spot remover (benzine or car- er knit.

Junior Outfits

Kay Toombs, skirt, sweater Viola Prendergast, plaid dress and fawn jacket. Kathleen Smith, red dress and

hat, cord velvet. That obliging material can be Monica Holtby, tweed coat and

washed - if handled properly, hat (green). Launder separately as colors hat Scotch (green).

are apt to run and hang up Dresses the garmer, sopping wet, to Mona McRae, black dress and dry. Wringing or rolling is apt velvet hat and accessories. to rough up the pile. Garments | Molly Frew, red wool dress and

not really soiled but looking a blue hat. bit down-trodden respond well Ruth Walton, black and red to a thorough brushing with a dress, black accessories. strong whisk and a steaming,

Glenys Lashmar, brown jumphung up in a steam-filled bath er dress and green blouse. Mary Margaret Bulger, greenblue dress and brown accessories.

Gentlemen . . . have gravy or Betty Allan, black dress semeat juices been adding a patquins and green accessories, tern to your tie? There is an Betty Pullen, Kay Collier wool. emergency treatment for this. dress.

Sponge the spots away with a Dress and Coat

Audrey Grimble, black velour never hot water, which will set coat, beaver trim.

the tie is washable simple lamb trim.

Yvonne Morin, red coat and

black accessories. Marie Boulter, pumple dress,

silk crepe, hat, and brown coat. of the evening was provided by of the bride. The marriage took place quiet- Miss Mona McRae, Alex Mitchell ly last evening at First Presby- and George Murray with their terian Church, Rev. A. F. Mac- comic impersonation of fashions. Sween officiating, of Miss Vic. Miss McRae appeared as Franke toria Pauline Bodner of Edmon- Sinatra and Mr. Mitchell and ton and Able Seaman Reginald Mr. Murray were in feminine C. Tucker of Vancouver who is in garb riding rolling skates and the naval service here. Witnesses scooter. The stunt, announced medium-sized turnip, peel- of the ceremony were Miss Olga by Mr. McMullen, brought down

the house. Musical interludes during the fashion display included a piano LONDON, Oct. 28 (P)-House- duet by Miss Peggy Large and Smith, U.S.A.N.C. wives and children soon will be Miss Dorothy Kergin, vocal solos | Later the bride and groom left wearing the blackout material by Audrey Grimble and Joanne on a wedding trip to Ketchikan no one will buy since lighting Langridge, impromptu girl's and Vancouver where they will modifications were introduced chorus and community singing reside. For travelling the bride Cut liver into 2-inch squares. throughout the country. At under the leadership of Alex wore a top coat of matching

pan and brown slightly. Add isting raw stocks in bright, at- tion of their services. A bouquet tion, from whom a telegram of of flowers was presented to Mrs. greeting was received.

### Hasty Marriages Deplored in Will

LONDON, Oct. 28 (P) - The Latest fashions attuned to Mall racing motorist and writer wartime conditions were pleas, on motoring topics who died in held a very successful bazaar ingly displayed last night in the July last year at the age of 40, and fall tea in the Oddfellows' Masonic ballroom when Job's left £1,969 and asked his dau- Hall on Thursday.

perhaps thorough affection and Visiting mothers showed grea

Trim excess fat from pork and 40 deg. . . . too much light, People's Store who described the He left a gold pencil that be- seemed very popular and were Skill, ingenuity, plus the ge- chops and place them in a dish, they get bitter; too much heat, costumes, each by each, as they longed to Sir Henry Segrave to kept busy selling the many innius for the subtle blending of Combine remaining ingredients, they wither; too much cold, were stunningly displayed by his friend Richard Seaman—"by teresting articles they had on flavorings which the French pour over chops and allow to their starch turns to sugar, the charming girls of the bethel, far the best British racing driver display.

Miss Kathleen Murray Becomes Bride of Stanley McClay

Of unusual interest both here and in Vancouver was the dou- ladies took advantage of the ble ring wedding ceremony teacup reading by Mrs. Mcwhich took place on Wednesday Guire. when Father J. Carroll united in marriage Kathleen Lavinia Owens, assisted by Mrs. J. Murray, and Stanley James Boddie, distdict deputy, Oliver McClay, son of Mrs. E. ceived the guests. L. McClay and the late Thomas McClay of Vancouver.

The bride who is a graduate of St. Joseph's Hospital. Victoria, later taking her Bachelor of Science in nursing at Seattle | while the stove is hot. College, has been instructing nursing at St. Elizabeth's School of Nursing in Yakima, Wash., for the past two years.

The groom, who for the past two years has been superintendent with the Northern Construction company is well known in Vancouver and Prince Ru-

The brunette beauty of the bride who was given in marriage by her brother, Signalman Art. Murray was enhanced by her frock of heaven blue crepe becomingly fashioned on tailored lines with deep ecru lace of cobweb design, outlining the bracelet length sleeves and pockets of the shirt-waist bodice while the skirt, closely moulded about the hips, flared slightly to the knee. Her well feathered hat, worn off the face, shaded to a deeper blue was softened by self-toned veiling. She carried a white prayer book from which showered an orchid

Robert Sutherland was groomsman.

Miss May Murray, who was her sister's only attendant, Joyce Watts, brown dress and wore a lovely frock of rose-petal with carbon tetrachloride. If hat, nile tuxedo coat, Persian sheer crepe with wide-brimmed picture hat of soft felt and Marjorie Fby, purple wool three-quarter length gloves in colonial design.

At a reception following at the home of the bride, the bride's mother was assisted in receiving by Mrs. J. C. Sikes, jr. The uproarious novelty feature and Miss Phil Murray, sisters

Father J. Carroll proposed the

toast to the bride. Mrs. M. A. Turgeon and Mrs. Malcolm McArthur presided at the urns, serviteurs being the Misses Marjorie McDonnell, Sheelah Noble, Anne Marrie Bird, Frances Moore, Joan Watt, Marion McLachlan, Leona Wiffin, Madames R. E. Gladding, Doris Southby and Lieut. Emily

blue wool boucle, richly furred

CONSUMER'S RATION COUPON CARENDAR

NOVEMBER

COUPON VALUES SUGAR - 1 pound BUTTER - 14 pound

SUN	MON	TUES	WED	THURSDAY	FRI	SAT	
			1	2	3	4	
5	6	7	8	9 Butter Coupons 84, 85 Valid	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23 Butter Coupons 86, 87 Sugar Coupons 46, 47 Preserves Coupons 33, 34 Valle	24	25	
26	27	28	29	30 Butter Coupons 82, 83, 84, 85 Expire			

# IS SUCCESSFUL

Centennial Rebekah Lodge

The special baby stall was

Mrs. T. H. Priest attended a stall showing beautiful souvening shells made and painted by the talented lady herself. These proved to be popular sellers a well as the sprigs of purple heather from her own garden.

and Mrs. H. V. Tattersall, serand workers being members of the order. Man

able hands of Mrs. A.

The Noble Grand, Miss Marion

stove polish does a perfect job JET and you're all



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