

NS HAVE PLANS

Lieutenant Tells What Situation Will Bring
BANNERMAN Press Staff Writer
A. Dec. 14.—There's a ready lieutenant of the Royal Canadian Naval headquarters here who is trying to find out the reason she is the right person for the

Lieut. Jessie Torrance, of Kingston and Torrance of Wren demobilization.

man to be appointed Wren's demobilization section since then has visited establishments in Newfoundland, meeting members of the Royal Canadian Naval

the war is over there will be returned to Wrens. Torrance's job is to girls advised of the benefits and advantages of the Canadian government to keep her department about the Wrens' plans.

It looked as if most Wrens her office is interviewing the girls they would either get or become hairdressers, have got them convinced Wrens have other plans," Torrance said.

to know all the answer she has talked to a Wrens her office is de- applications for in- at which she is asked like these:

the service girls eligible grants like the men? When marry a service- the two of them get Can this Wren take graduate course in phil- that one study to be a major operator? Where a good place to start price work? Could a for- use her medical bene- a baby in the year af- discharge from the ser-

effort to keep abreast of and improvements in ment rehabilitation. Lieut. Torrance says find it far better to tell "I don't know, but I up for you," than to false hope for post-war which fail to material-

working Jessie Torrance daughter of Mrs. E. F. Toronto. Before enlist- the first class of Wrens in was private secretary to Benison in Toronto.

KEEPING HOUSE IN WARTIME

Winter Means Nothing To Nutritious Salads; At Home In Menus During All Seasons

Salads know no season. They are at home in menus the year around. Our neighbors to the south frequently serve a salad of fruit or vegetables at the beginning of a meal as an appetizer and this custom is growing in popularity among Canadians. Such a salad should be small, simple and tasty but not sweet.

A salad used as a garnish with a main dish should be colorful, well seasoned and small in size. As a main dish accompaniment a simple green salad or a combination of raw vegetables is ideal.

Main dish salads should contain some protein food such as eggs, meat, cheese, fish or chicken to give the salad body. Servings will, of course, be larger and there should be generous servings of a good dressing. Most people prefer a cooked or mayonnaise dressing with this type of salad and the lighter French dressing with salads served as appetizers or accompaniments to the main course.

A fruit salad is often the perfect answer to the desert problem and artistic arrangement of such a salad should make it a picture to look at as well as a treat to eat.

But no damp, tired looking salads, please! Thorough drying and crisping of all raw ingredients and thorough draining of cooked ones take care of this point.

Don't cut ingredients in pieces so small that they lose their personality and, contrariwise, don't leave them in pieces so large that they are difficult to eat. Raw vegetables should be cut smaller than cooked ones and may be coarsely grated. Salad greens should be torn or broken rather than cut.

The celery you put into a potato salad is equally important for the texture contrast it supplies as for its flavor. Use at least one crisp raw ingredient in any combination of cooked foods.

Do be subtle in your use of those two invaluable flavorers, onion and garlic. Onion juice, obtained by scraping the cut surface of the onion with the edge of a knife, and mixed with the salad ingredients or the dressing spreads the flavor delicately and evenly. Garlic needs to be used with great discretion. A light rubbing of the salad bowl with the cut surface or a cut clove of garlic dropped into French dressing and later removed is the right technique.

When fish, meat or cooked vegetables are used, the whole salad is given a lift if these ingredients are marinated separately in a little French dressing for an hour or so before being combined with the other ingredients.

The mixing of a salad calls for

a light hand and should be done by tossing with two forks, not by stirring with a spoon which breaks up or mashes the ingredients.

Salad Accompaniments

When the salad is served as a separate course the proper accompaniment adds to its importance. Some good ones are:

Crisp crackers sprinkled with grated cheese and paprika and placed under the broiler for a moment.

Melba toast.
Cheese straws.
Hot tea biscuits, plain or cheese
Hot muffins, plain, bacon, cheese, tomato, corn or bran.

Colorful Christmas Salads

Jellied Beet or Cranberry salad with garnish of parsley or cress.
Apple and Celery Salad with some of the red skin left on the apple; garnish with green pepper and cranberries.

Moulded cabbage salad in green tinted jelly. Pour a little of the gelatine mixture into lightly greased molds and arrange sliced cranberries to form a wreath. Allow to set before adding cabbage and the rest of the gelatine mixture.

Add chili sauce to mayonnaise or cooked dressing and use on plain cabbage or heart of lettuce salad.

French Dressing and Variations

1/4 cup vinegar
3/4 cup salad oil
1/2 teaspoon salt
1 teaspoon sugar
Dash of pepper
1/2 teaspoon dry mustard

Place all ingredients in a jar with a tight fitting lid. Shake until thick and creamy looking. Store in a cold place. Shake well before each using.

Variations: to 1/2 cup of dressing add one of the following, blending thoroughly.

Peanut Butter Dressing: 3 tablespoons peanut butter. Use on cabbage or carrot salad.

Cranberry Dressing: 3 tablespoons cranberry sauce.

Cheese Dressing: 3 tablespoons grated dry cheese. Use on vegetable salad.

Mincemeat Dressing: 3 tablespoons mincemeat. Use on lettuce or other greens.

WELSH RAREBIT

4 cupfuls cheese grated
2 tablespoons butter
1/2 teaspoon salt
1 cupful milk
1 tablespoon tomato catchup
1/2 teaspoon spice sauce
1 egg

Cook the butter and cheese to-

gether until the cheese is melted. Add salt, milk, tomato catchup and Worcestershire sauce and stir until smooth. Then add well beaten egg, cook for two minutes and serve on toast.

ARE MARRIED AT HAZELTON

HAZELTON, Dec. 14.—A very beautiful wedding took place at Hazelton when Miss Lilly Harris, daughter of Robert Harris of Kitwanga, was united in marriage to Robert Jackson, son of William Jackson of Hazelton. The wedding took place in St. Peter's Church with Rev. Canon Bird performing the ceremony. The church was crowded with people from Kitwanga, Skeena Crossing, Glen Vowell, Kispiox and Hazelton.

After the ceremony the wedding procession was led by the Skeena Crossing and Hazelton bands to the Hazelton Hall where a wedding feast was held after which dancing was indulged in until 4 o'clock in the morning.

The music was rendered by the Hazelton Happy Strollers Orchestra.

The young couple will reside in Hazelton.



Save the Coupons for War Savings Stamps

BLUE RIBBON TEA - Always Dependable and Delicious

Conservation - Hints -

By MARNIE EDISON

Take a Tuck in Housework

Sometimes this can be done by re-arranging the kitchen furniture . . . yes, just as simply as that. In old fashioned kitchens there are thousands of unnecessary steps every day. To the refrigerator, tramp, tramp, tramp to the sink, across to the stove, back to the pot cupboard. Too bad if this is you! Try regrouping the work equipment compactly in one part of the room. May leave you enough space at the other end for a breakfast nook too. In any case it will be an improvement in the kitchen end.

Shrinkage Nil

Slip spring clothespins in the thumbs of the children's mitts when they are wet . . . good tip for your own mitts, too.

After washing a beret stretch it over a plate to dry . . . the right sized plate please.

Magician, Home Style

Turn an old foulard tie into bright buttons for a tired dress. The broad end of the tie, cut and fastened in the pocket will look like a matching hankie. Very shabby, according to the younger generation.

Coal Hole

There are thirty-three ways to save one ton in five according to our informants. We think you should be in on all of them. Here are three for a start.

Don't let taps leak. Keep a supply of washers on hand and replace when the tap protests noisily that all is not well with its gizzard. Remember that there's a difference between hot and cold type washers and that you'll need to replace the hot water washers most often. Learn to do it yourself. You won't always have to.

Release air from radiators. They need to be burped like a baby only not so often . . . just about once a week.

Keep bedroom doors closed at night. No need of chilling all the rooms in the house just because you like fresh air.

Darn It

A basket full of holes in the heels? If the socks are dark in color and your temper and eye-sight not improved by trying to see whether the next stitch is over or under try using a flashlight as a darning egg. With the switch on, of course, to banish the stygian gloom.

Left-Over Logic

Left-overs don't improve with age so remember the refrigerator check-up when you're planning the day's menus. Many a cook's

success has been due to the imaginative way the 'something over' was dressed up for the second showing. White sauce, eggs, cheese, tomatoes are each good additions to the sleight of hand. You're on your own from here . . . but don't forget herbs, curry, and their partners in the flavour business.

Rubber Soled Shoes

Today, Canada is using reclaimed and synthetic rubber for the soles on children's shoes. There will be more of these shoes manufactured next year than there were this year.

Poultry Prices

Highest prices which may be charged for Christmas fowl in any part of Canada are as follows: turkeys, 46 cents a pound; geese, 3 cents a pound; chickens, 42 cents a pound; ducks, 35 cents a pound.

Cranberries and Sauce

Cranberry sauce for the

Christmas dinner can be purchased at the rate of 12 fluid ounces for one preserves coupon. Raw cranberries are not rationed, but the housewife must use sugar in preparing them.

Unsweetened Canned Fruit

Unsweetened "pie filler" and "fruit filler" as well as other unsweetened canned fruit in containers of 105 ounces and larger are no longer rationed. A preserves coupon must still be surrendered by the housewife purchasing these unsweetened fruits in smaller containers.

Mrs. Dixon Was Resident Here Sixteen Years

Funeral arrangements for the late Mrs. Chris Dixon, whose death occurred yesterday in the Prince Rupert General Hospital after having been in ill health

since September 1 and in hospital since November 2, have been made for tomorrow.

Mrs. Dixon, who came from the East to Georgetown in 1919 and had resided in Prince Rupert since 1928, is survived, besides her husband, by seven sons and two daughters as well as her mother who lives in Muskoka, Ontario. The sons are John Dixon of Port Carling, Muskoka; Leonard, Clarence, Stanley, Allen, Henry and Gordon Dixon, Prince Rupert. The daughters are Mrs. William McLean of Prince Rupert and Mrs. John Olsen of Terrace.

Mrs. Dixon was born in Toronto in 1889 and was 55 years of age.

GLYMPTON, Eng., 14.—Nearly all of this little Oxfordshire village, including Glympton Park, an estate of 1,021 acres, has been sold by auction.

Food For Christmas

Your table—highlight of any festive occasion—is doubly important at Xmas. Overwaitea invites you to place your order for food requirements early, and remember . . . your budget benefits when you shop in Rupert's lowest priced groceteria.

★ FLORIDA TANGERINES
8-lb. mesh 1.45 3 lbs. 40c
★ FANCY WRAPPED MAC RED APPLES
40-lb. \$3.45 5 lbs. 45c
★ RED EMPEROR GRAPES
Per lb. 27c 2 lbs. 49c

FRESH-FLUFFY MARSHMALLOWS
1-lb. pkt. 33c
While they last
ROBINSON'S ASSORTED CAKE FRUIT
1-lb. tub, 39c
While they last

CANNED PEAS
AYLMER SIEVE 5
Choice Quality, 14c
per 20-oz. tin
ROYAL CITY SIEVE 4
Fancy Quality, 16c
per 20-oz. tin

RICH—MOIST MINCEMEAT 2-lb. carton 45c
(This item available from Monday, Dec. 18)

VITAMINIZED APPLE JUICE 20-oz. 16c 48-oz. 33c

★ VAN CAMP BEANS
Home-Style, 5c
16-oz. pkt.

XMAS CRACKERS 35c 45c 55c 70c 80c

CANNED CORN
ROYAL CITY CREAM
Fancy Quality, 15c
per 20-oz. tin
ROYAL CITY KERNEL
Fancy Quality, 15c
per 20-oz. tin

XMAS STOCKINGS 35c & 65c "Chock Full"

LIBBY'S TOMATO JUICE 20-oz. 12c 48-oz. 27c

TOMATO SOUP
Campbell's, 19c
2 tins

FRESH-LAID EGGS Grade "A" med., doz. 43c
(No delivery on eggs please)

Nabob Pudding Powders
Chocolate and Butter-scotch, 15c
2 pkts. (Contains sugar)

Aylmer Prune Plums 20-oz. 25c 2 tins (1 coupon per tin)
Glenn Valley Peaches 20-oz. 37c 2 tins (1 coupon per tin)

HAZELTON'S FINEST
POTATOES per sack \$2.75
OLIVES Stuffed, 9-oz. 46c Plain, 9-oz. 39c
BIG BOY GINGER ALE, QT. 30c
CHEESE Swift's Brookfield, 2-lb. box 85c
CRANBERRIES, PER LB. 59c
IMPORTED ANCHOVIES In pure Olive Oil, per tin 39c
SHELLED ALMONDS, 1/2 LB. 59c

NEW CROP NAVEL ORANGES
5n all sizes from 25c doz.
Size 344 at to 10c each
GRAPEFRUIT
Size 80, pink, 2 for 21c
Size 80, seedless, 2 for 19c

Celery, Lettuce, Brussel Sprouts, Cauliflower, Endives, Artichokes, Tomatoes, Sweet Potatoes, Spinach, Parsley, etc., at LOWEST MARKET PRICES.

XMAS CANDIES ON DISPLAY XMAS WEEK
ALMONDS FILBERTS WALNUTS PECANS
FREE DELIVERY ON ORDERS OVER 3 DOLLARS

SPECIAL PRICES GOOD FROM NOW UNTIL XMAS

PHONE 843 OVERWAITEA LTD. PHONE 843

FESTIVE FARE!
Of course you want to have everything perfect for that dinner-of-the-year on Christmas Day! So when you get down to menu-making, plan to serve "Royal City" Green Peas. These small, tender peas are so delicious in flavor, they're a praise-winner every time. You can have them ready so quickly, too, which is all to the good when you're playing the double role of hostess and cook. "Royal City" Green Peas have the same sun-sweetened, garden-fresh goodness of all "Royal City" Canned Fruits and Vegetables. Ask for them at your grocer's.
ROYAL CITY CANNED FOODS
ROYAL CITY SWEET PEAS