

# 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 these valuable hints each Monday.



## Fresh Berry Pie

Yum yum for luscious cooked fruit in a tender delicious pie shell.

At this time of year in Canada, fresh berries are at their most delicious. An open-pie shell can never be a failure. Just the same it's a challenge to us housewives to get up the luscious fruit in the best ways.

This week I suggest one of the most delicious. An open-pie fresh berry pie: Bake and use a crisp open-pie shell (see hints later). Sweeten the fresh fruit with powdered sugar or drizzle it with honey... either way it's grand!

*Martha Logan*

**OPEN-FACE PIE SHELL**

1 1/2 cups once-sifted pastry flour  
or  
1 1/4 cups once-sifted bread flour  
1 teaspoon salt  
7 tablespoons Swift's Silverleaf Lard  
Ice water

Measure once-sifted flour and sift with the salt. Cut in half of the lard finely (to the size of wheat grains) and remaining half coarsely (to the size of small peas). Add the ice water, mixing so lightly and using only enough to make a paste which will just cling together and clean easily from the bowl. Chill, if time permits.

**To Make Pie Shell:** Roll pie paste to about 3/4-inch thickness. Fit paste loosely inside the pie-plate, excluding all air; trim edge, then prick well. Dampen rim of shell with cold water and cover with a 1/2-inch strip of folded-out paper, damp. Fill unbaked pie shell with dried beans (to keep shell in shape) and bake in hot oven, 450 degrees, until set; remove the beans, then bake shell until paste is cooked and nicely browned.

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Under instructions from the Secretary of State of Canada acting in his capacity as Custodian under the Revised Regulations respecting Trading with the Enemy, 1943, the following will be offered for

### SALE BY AUCTION

AT PORT ESSINGTON

On Saturday, at 1 o'clock, July 15th, 1944

Store equipment, including safes, scales, cash register, adding machine, show cases, typewriter, etc., household goods of all kinds, gas engine, etc.

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## LOCAL NEWS NOTES

L. H. Hilder, following a brief visit to the city, left last night on his return to his home at Massett.

The Prince Rupert Gyro Club will be in regular monthly meeting this Wednesday. An executive luncheon was held today.

Dr. Jens Munthe, following an operation in the Prince Rupert General Hospital, is expected to be able to leave for his home this week.

Petty Officer Ralph Smith has arrived home from his naval duties at Halifax to spend furrough with his parents, Mr. and Mrs. E. P. Smith.

Mrs. McCualg and family of Vancouver were here yesterday bound for Massett to pay a visit there with Mr. McCualg who is in the naval service.

Master Jean Singer, young son of Mr. and Mrs. Wesley Singer, was in the city yesterday returning to his home at Massett for the summer vacation after attending school in Vancouver.

## NEW ROYAL HOTEL

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## Burns Lake Has Parade, Coronation

BURNS LAKE, July 10 — The parade staged here in connection with the Pioneer's Reunion last Wednesday was quite a colorful affair. Well handled, it included such features as the Moricetown Band, a four-horse team with wagon nicely decorated and horses resplendent in rings, lines and ribbons lent for the occasion by Andrew Ray of Vanderhoof, a suitably decorated forestry float and a wagon pulled by little Mary Anderson.

Two clowns provided the comedy, the male devouring an inexhaustible string of sausage continuously, while the female won everything except the beauty prize.

A throne had been erected on the recreation grounds and the coronation ceremony was concluded with all due pomp and pageantry. Albert Roumieu of Burns Lake was king, Elsie Everett of Tintagel queen and Gladys Roumieu of Burns Lake maid of honor.

Throughout the whole day Indians from all over the district had rendered great assistance in making the ceremonies successful and a guard of honor composed of all the big chiefs of the district in full regalia surrounded the throne.

The dance in the evening brought out a record crowd with the Moricetown orchestra at its best form.

Thus concludes a strenuous week-end of varied and continuous amusement provided by the Indians on the First, then a quiet Sunday, then the Young Rangers, and finally the Glorious Fourth spent in quiet meditation in memory of the dear ones who are celebrating the day in Normandy.

**PIN SHORTAGE**  
Ordinary straight pins are among the scarcest articles in Holland today.

**Announcements**

W.O.T.M. dance, sponsored by War Relief Committee, Chaffel-Halls' Hall, Monday, July 10. Dancing 10-2. De Carlo's Orchestra. Refreshments.

Norwegian News Reels, Odd-fellows' Hall, July 18, 8:15 p.m. Admission 50c.

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From the East—  
Daily except Monday ... 10:45 p.m.

For Terrace—  
Sunday, Monday, Wednesday,  
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From Terrace—  
Monday, Tuesday, Thursday,  
Friday and Saturday .... 11 a.m.

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**IT'S LOVE—LOVE—LOVE**—The Four King Sisters. A light ballad with a swing-rumba background. Sung in their best mad-cap fashion by the brilliant King Sisters. 30-0822... Price 50c

**I COULDN'T SLEEP A WINK LAST NIGHT**—Dinah Shore. Featured in the RKO film "Higher and Higher." Dinah's extra-velvety voice plus a mixed chorus of finely-blended voices. 28-1562... Price 75c

**I LOVE YOU**—Perry Como. Romantic ballad. Perry Como, records in his inimitable style. Cole Porter's hit tune from the Broadway success, "Mexican Hayride." 20-1269... Price 75c

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