SERIES STARTS

cast Over CFPR

Street Schools.

is 11 a.m.

ily appetite.

hungry flock.

Four Schools on First Broad-

Prince Rupert will have its own

school broadcasts starting

morrow on CFPR. First in

series of six to be presented be-

fore Christmas, this program will

spotlight students from Booth

Street, King Edward and Conrad

Ilsa Schmidt, Heather Brewei

Donna Petroff, Sheila Bennett,

Henry Blackaby, Joan Byrd, Bar-

bara Herget, Arlene Pope, Jerry

ma Bishop and Tommy Dixon

The Experts

By the Canadian Press

makes the dream come true.

It's a flavorful, satisfying dish

that means a minimum of af-

ter-dinner washing up and a

maximum of nourishment for a

Use 11/2 pounds boneless or

21/2 pounds of meat with bone.

Trim off excess fat and melt

it in the frying pan. Dredge

meat with seasoned flour and

brown it with 2 slices onions

in the hot fat. Add 11/2 cups

of liquid (water, canned toma-

toes or juice, vegetable water).

Cover tightly and simmer on top

of the stove or in a moderately

slow oven, 325 degrees fahren-

heit, until the meat is tender,

nips, parsnips, celery, may be

added during the last hour of

cooking. Use liquid in pan as

Other dishes may be baked in

the oven during the 21/2 to three

hours cooking of the main dish.

The temperature of the oven is

somewhat limiting but some of

the other items that may be

baked in a 325 degrees fahren-

heit oven include puddings or

custards, baked apples or sauce

This is because iron in some

foods is not readily assimili-

ated by the body. But liver is

a rich source of iron that can

be easily utilized by the body.

For this reason and because it

has valuable amounts of thiamin

(vitamin B1), Canada official

fcod rules recommend the serv-

ing of liver at least once a

Kidney and heart are also good

sources of iron. The food value

of these "organ" meats, as with

other meats, bears no relation

"organ" meats can be made into

IN THE BAG: It makes the

paper bag to the belt of your

housedress and use it to collect

the part of the jig-saw puzzle

you'll find in the hall or the

ties that must go to the kitchen

for pressing . . . all the small

items that have to be moved

from one place to another every

too when you go through the

And how about designing

special drawer as a Lost and

Found Dept. It helps teach

children to be more careful

about picking up their toys if

there is a small ceremony about

getting lost articles out of the

coupons 88 and 89, normally

valid on Dec. 7 may not be used

before Dec. 14 . . . until these

two coupons have been used,

consumers should retain ration

book four, even though all

sugar and preserves coupons

have previously been surrender-

MEMORY JOG:

house dumping ash tarys and

picking up apple cores).

drawer.

(A paper bag is useful

deliciously appetizing dishes.

daily tasks easier if you pin a

the Nutrition Division.

base for gravy.

TO CONTRIBUTE PERSONAL AND NEWS ITEMS

ast night for a trip ver on oficial busi-

Wartime Trade Board, Van-

eturn to Vancouvel ng a week in the city

cMillan, superinten-Canadian National returned last night ver after a brief busi to the city.

Wooten, who has been he past several weeks nal organizer for the Victory Loan, leaves his return to Van-

## ouncements

t 25c a word. Star Dance, Nov. 17. every Saturday night, ' Hall. De Carlo's or-

Chapter, I.O.D.E.,

Nov. 23, home of Mrs. orie, 4th Ave. w. Apron Sale, Legion ovember 25, W.A. Can-

n Ladies' Aid fall sale,

Tree, K.C. Hut,

Bazaar, Oddfellows'

Mrs. Alf Rivett left | Mr. and Mrs. W. W. Wrathall a trip to Van- left last night for a trip to Vancouver. They expect to be away for two or three weeks.

> Mr. and Mrs. H. B. Eastman left last night for the south to attend the funeral of Mr. Eastman's brother-in-law in Ferndale, Wash.

> ▲ CCF Public Meeting Sunday 8 p.m. Oddfellows' Hall. Speakers, Wm. Irvine, Federal Candidate for Cariboo; Vincent Segur M.L.A. and LAC H. G. Archibald, federal candidate for Skeena.

Flt. Lt. and Mrs. Allan Davies, jr., left last night for Vancouver for a brief visit on their way to Ottawa. They have been spending part of the former's furlough with his parents, Mr. and Mrs. Allan M. Davies, Fifth Avenue West.

Capt. J. R. Hall and Sergeant Major E. R. MacDonald of the training staff of Prince Rupert Machine Gun Regiment returned to the city yesterday after having been in the south for the past several weeks taking special courses.

Major Paul Whitley, Pacific Command educational officer, and Capt. R. W. W. Robertson, 's Fall Bazaar, Nov- assistant Pacific Command educational officer at Victoria, are Bridge Drive every Sat- making a tour of this district and are due in Prince Rupert Gentil in Gabon, French Equa- Women's Progressive Conserva-Friday on their way to Vancouver. They will be in Terrace next Monday and Tuesday.

Chief Petty Officer Ronald Davidson arrived in the city on last night's train from St. John's, Newfoundland, to spend a two Whist, Cribbage week's leave from his naval duties on the Atlantic. He is spending the time with his wife Bazaar and Tea, and daughter at the home of Mrs. Davidson's parents, Mr. and Mrs. W. W. C. O'Neill, Young Church fall sale, Thurs-Street.

Advertise in The Daily News.

leave it too to Christmas-Try Our New

Nestle's Cold Wave You will be Pleased

Annette Powell)

Street (across from Post Office)



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# Julia Arthur DRESS PUMPS

ritish 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"

of 6th and Fulton

nager, George Lum)

Specializing in Chow Mein

Chop Suey m 11 a.m. to 3 a.m. osite Sunrise Grocery

## J. H. MAIR Furniture and Auctioneer

AUCTION SALES

ARRANGED AND CONDUCTED

NEW AND USED FURNITURE

> VALUATIONS AND ESTIMATES

Blue 69 632 3rd Ave. Prince Rupert, B.C.



GERMAN WOMEN ARE TAKEN CAPTIVE—Marching quickly ahead with their hands held high over their heads in token of surrender, these two German women were seized after they were found with German marines at Brest, France. They were marched with other prisoners of war to the rear lines of the Allied troops who were moving into the city.

#### FOUR YEARS AGO IN THIS WAR

By the Canadian Press

torial Africa, surrendered to Free French. German planes objectives.

## Miss Earl Still Busy Politically

Miss E. M. Earl, always active in Conservative circles in Prince Nov. 17, 1940 - Far-reaching Rupert during her many years changes in R.A.F. command an- of residence here, is continuing nounced; new air command to that activity in Vancouver where work closely with Army. Port she now resides. The Burrard tive Association met a few days ago at her home when M. J. O'Brien and C. V. F. Barker were the speakers.

# If Your Nose Fills Up-

Spoils Sleep Tonight

Surprisingly fast, Va-tro-nol works right where trouble is to open up your clogged nose-relieve stuffy transient congestion. You'll like the way it brings relief. (NOTE: Va-tro-nol is also grand for relieving sniffly, sneezy distress of head colds.) Follow directions in folder.



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A Home Away From Home

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Under Most Sanitary

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

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Roofs Repairs, Re-shingling Free Estimates

## KING GEORGE CAFE

Special Chinese Dishes Chop Suey Chow Mein

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## Atlas Boiler Works Electric, Oxygen, Acetylene about 21/2 to three hours. Raw

Welding, Blacksmith, General | vegetables, potatoes, carrots, tur-Repair.

Phone Ked 884

J. M. S. LOUBSER

Phone 640

and some cookies. TRICKY IRON: Food that rate in iron by chemical analysis are not always the best sources of iron in the diet, says

HOME SERVICE



Useful

MOM or SISTER

Comfortable, Good Looking 器TOPS THE LIST %

FOOTWEAR

518 3rd Ave. W.

# CDD Radio Dial

FRIDAY-P.M.

4:00-Sound Off 4:15-G. I. Jive 4:30-Waltz Time 5:00—They Call Me Joe

5:30—Sports Review 5:45—Raymond Scott 6:00-Eddie Condon 6:30—Recorded

6:45—Rehabilitation

7:00—CBC News 7:15—People Next Door 7:30—Eventide Memorial High School, Borden 8:00—Soliloquy

8:30-V.D. Control Series 9:00-Burns and Allen 9:30-Morgan and Brice

calls the roll those answering 10:00-CBC News will include Betty Pullen, Jack 10:10—Elmore Philpott 10:15—CBC News Roundup Macey, Anne Whiting, Diane Gil- 10:30-H.M.C.S. Chatham Dance ker, Donald Prendergast, Cari Daneliuk, Donald Gillanders, 11:00-Silent

SATURDAY-A.M.

7:30—Musical Clock 8:00—CBC News 8:15—Pick of the Hits 8:30-Recorded Gilbert, Eleanore Mattson, Eli-8:45—Songs of Today

9:00—BBC News zabeth Martin, Slyvia Baker, Er-9:15—Morning Devotions 9:30—Transcribed Tomorrow's program will orig-9:45—Hawaiian Echoes 10:00—Children's Program inate in the CFPR studios. Start-

10:30-Roundup Time ing next week the school broad-10:45-Showtime casts will be presented before an 11:00-School Talent audince at the USO ballroom, 11::33-Message Period facilities having been donated 11:35-Weather Forecast for this purpose. Broadcast time 11:36-Recorded

12:00—Down Beat 12:30-CBC News 12:35—Recorded 12:45—Johnny Mercer

1:00—One Night Stand

1:30—Yank Swing Session G. F. Hooey, former manager of the Kaien Consumers' Cooperative here, is in the city on business from Bella Coola where BRAISED BRISKET: A delicious and substantial one-dish

he has been located for some time in connection with the main course is the dream of setting up of a new co-operaevery housewife who is short on tive store which took over the time and help but long on fambusiness of Andrew Christian-Braised short ribs or brisket

## SMITHERS C.C.F. **CLUB IS FORMED**

SMITHERS, Nov. 17-Charter has been granted to a Co-operative Commonwealth Federation Club here. A. Gregory is chairman and Mrs. E. Briggs, secretary.

#### Local Officer At Toronto Meeting

Capt. W. A. Reade, assistant educational officer for Pacific Command stationed at Prince Rupert, returned to the city at the end of last week from Toronto where he attended conference with civilian representatives from all provinces of Canada. Matters taken up were principally in connection with measures for the education of men and women in the Army against the time when they will be domobilized and seeking post-war rehabilitation. Those at the conference included ministers of education and other educational officials.

EARLY ARTIFICIAL PEARLS Fine artificial pearls were first made in western Europe in 1680 by Jacquin, a rosary-maker in

## Fiery, Itching loes and feet

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1)rink

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AT YOUR NEAREST GROCER



Yes, there's Quality cut into every one of these Fall Topcoats made by Fashion - Craft and Society.

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