

SWIFT'S WEEKLY FOOD HINTS



by Martha Logan

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

Eggs are Versatile

Efficient, quick and easy to prepare, eggs are a godsend to a harassed housewife

Hard cook the eggs. Chill and peel. Separate onion slices into rings to fry lightly. Slice the eggs and place with onion rings in the combined milk and sauce in double boiler and heat. Season and serve!



Eggs Bercy

- 4 eggs
- 1/2 lb. sausages
- 4 tbsps. tomato paste or ketchup
- 1/2 cup top milk or cream
- Salt and pepper

This dish is best prepared in individual servings. First, fry sausages till they are cooked but not dark brown. Now grease shallow heat-proof dishes with sausage drippings. Break one egg into each. Arrange two halves of a big sausage or two small sausages on each side of the egg. Put a dab of tomato paste or ketchup on each serving. Add milk or cream into each dish and cook beneath the grill 10 minutes or until whites have set.

- Eggs Laurentian
- 1 lb. old Canadian Cheese
- 1 cup breadcrumbs
- 1 cup grated cheese
- Mild flavoured drippings
- 1/2 cup paprika
- Salt and pepper

is well a baking dish. Line with the cheese cut very thin. Slice the eggs into it carefully. Sprinkle with bread-crumbs, seasoning and drippings and sprinkle over with egg whites. Bake in moderate oven (350° F.) until whites are set and topping browned (15 to 20 minutes).

- Eggs à la Tripe
- 1 medium-sized onion sliced
- 1/2 cup medium thick white sauce
- 1/2 cup milk
- 1/2 cup paprika
- Salt and pepper

SWIFT CANADIAN CO. LIMITED
Manufacturers of Premium Ham and Bacon; Silverleaf Lard; and Shortening; Brookfield Butter; Eggs and Cheese

MATTRESSES AND BOX SPRINGS

SPRING FILLED

BeautyRest Mattress, price \$42.50

BeautyRest Box Spring, size 4-0 and 4-6 \$42.50

DeepSleep Spring Filled Mattress \$35.00

Deep Sleep Box Spring, size 4-6 \$35.00

ELIO Furniture Store

THIRD AVENUE

POULSEN'S LUNCH

IS NOW OPEN

6th Ave. E., Beside P.O. Station B.

"Select Lunches and Select Service"

DISTRIBUTORS OF HAZELWOOD ICE CREAM

POULSEN'S GROCERY

Courtesy and Service

FORMAL OPENING OF RUPERT BUTCHERS

UNDER NEW MANAGEMENT OF W. LOCK

Your Shopping Tour should include a visit to this near-by Butcher Shop where you'll always find an abundant supply of the choicest cuts of Meat, Fresh Fruit and Vegetables in season from our own farm arriving by each boat. Complete line of groceries.

ALL PRICED FOR ECONOMY HERE!

It Pays to Advertise in The Daily News

Wartime Mothers Get Welcome

Red Cross Workers Make Things Easy For Newcomers To Dominion

AN EASTERN CANADIAN PORT, July 3 (C) — Peace at long last — or so it seems to baby-weary mothers that reach Canada these days. For Canada's welcome is shown by a day of comparative freedom for the mothers—first holiday experiences since baby's arrival for most of them. In Britain there just aren't any girls with time on their hands to tend children and give mothers a much needed break.

As soon as the ship is officially docked, trim, blue-clad Red Cross workers of the nursing service go aboard, tag all the babies, take over formula directions, clasp hands with the toddlers and older youngsters and tell the mothers they are free until train time when their charges will be delivered to them in the right berth, clean, well fed and happy.

A hearty luncheon awaits the mother and an afternoon spread too if she wants, but she doesn't have to be there. She can see the sights, take in the afternoon movie, write letters or just sleep. Many are delighted to rest after an ocean crossing full of childish cares and the usual amount of sea fuzziness to withstand.

A pink and white nursery with white cots has been furnished for the babies in a section of the dockyard. A special playroom with toys of all kinds to keep the older ones amused is there too. A trained nurse and supervised volunteer helpers cheerfully take over all the duties that are humdrum doings to the mother, but "fun" for the girls.

When train time arrives some hours later, mothers and babies are sorted out and tucked away for the night, each starting life in Canada with a happier outlook. The babies are returned in fresh nighties and diapers with extra ones tucked in. Formula is ready for the night feeding and the families set off for Montreal where again Red Cross volunteers take over when the train pulls in and the mothers are free to check over baggage, make phone calls or just have a leisurely cup of tea.

Card of Thanks

We wish to express our sincere thanks for acts of kindness, messages of sympathy and beautiful floral tributes received from many friends during our recent bereavement in the death of our dear husband and father.

MRS. F. J. DISHMAN AND FAMILY

A Classified-Ad in the Daily News will bring Quick Results.

"Build B.C. Payrolls"

Write Your Recipes

From Revelstoke Pacific Milk Received a very fine letter giving the mayonnaise recipe printed recently. We are grateful for this. Will other women send favorite tips which can be passed on to help make wartime cooking better?

PACIFIC MILK

Irradiated and Vacuum Packed

J. M. S. Loubser

D.C., B.A. CHIROPRACTOR

Wallace Block Phone 640

Barr & Anderson LIMITED

Plumbing and Heating
Automatic Sprinkling and
Coal Stokers

Corner 2nd Ave. and 4th St.
Phone Red 389 P.O. Box 1294

LOCAL NEWS NOTES

▲ H. S. WALLACE CO. are closed till Friday in order to take inventory. Open Friday. (157)

Miss Margaret Giske left on Saturday night on a trip to Vancouver.

Miss Dorothy and Miss Isobel Abercrombie left on Saturday night on a trip to Vancouver.

Mrs. G. R. Kelsey and her two children left on Saturday night on a holiday trip to Vancouver.

Mrs. J. Batt and Miss Phyllis Batt were among those who left on Saturday night for a holiday trip to Vancouver.

Among those leaving on Saturday night for Vancouver were A. R. Holtby and granddaughter, Miss M. Holtby.

S. K. Murray of B.C. Packers, Vancouver, left on Saturday night to return south after a brief visit here, during which he visited Sunnyside Cannery.

Charged with drunkenness, James Anderson was fined \$25 or seven days by Magistrate W. D. Vance in city police court Friday.

Mrs. T. W. Brown and little daughter, Ann, left Saturday night for Vancouver enroute to Qualicum Beach, Vancouver Island, where they will spend a vacation.

Earl Dudoward of Port Simpson was given six months suspended sentence by Magistrate W. D. Vance in city police court Friday for wearing an army uniform illegally.

Mr. and Mrs. W. R. Graham of the United States barracks here left Saturday night for Vancouver enroute to Winnipeg where they will visit their daughter, Lieut. (Nursing Sister) Pearl Graham of the Royal Canadian Army Medical Corps. Mr. and Mrs. Graham have a son overseas, Flying Officer Randolph Graham, who has been flying a Halifax bomber over enemy territory.

Birth Notice

Born at the Prince Rupert General Hospital, July 1 to Lieut. Col. and Mrs. Von Auron (nee Chrissie McLeod) a son. Both mother and son are doing well.

PRINCE RUPERT HORTICULTURAL SOCIETY

AGRICULTURAL DISPLAY AND FLOWER SHOW

CIVIC CENTRE CARNIVAL

For Amateur Gardeners

No Entry Fee Cash Prizes

PRIZE LIST
UNLESS OTHERWISE STATED:
FIRST PRIZE \$1.00, SECOND PRIZE 50c IN EACH SECTION

CLASS 1—ROSES

Sec. 1—Three Red. Sec. 4—Three Polyantha.
" 2—Three Pink. " 5—Three White.
" 3—Three Yellow. " 6—One Rose (any).

CLASS 2—ANNUALS

Sec. 1—Three Calendula. Sec. 5—Three Nasturtium
" 2—Six Marigold. " (double).
" 3—Three Nasturtium " 6—Any
(single). " 7—other
" 4—Three Stock. " 8—annual.

CLASS 3—BIENNIALS AND PERENNIALS

Sec. 1—Six Pansies. Sec. 7—Three Sweet William.
" 2—Six Violas. " 8—One Canterbury Bell.
" 3—Three Astilbe (spirea). " 9—Six Pinks.
" 4—Two Delphinium. " 10—Three Peonies.
" 5—Three Iris. " 11—Three Lillies.
" 6—Three Campanula. " 12—Any other B. P.

CLASS 4—HOUSE PLANTS

Sec. 1—Geranium. Sec. 6—Cactus or Succulent.
" 2—Calceolaria. " 7—Hanging Basket.
" 3—Begonia. " 8—Any other foliage plant.
" 4—Coleus. " 9—Any other flowering
" 5—Fuschia. type.

CLASS 5—MISCELLANEOUS

Sec. 1—Best Display of Flowers—1st Prize \$2.00, 2nd \$1.00.
" 2—Bouquet of Flowers for Table—1st Prize \$2.00, 2nd \$1.00.
" 3—Most Unusual Display (Flowers, Berries, Foliage).
1st Prize \$2.00, 2nd \$1.00.
" 4—Best Display of Rockery Plants—1st Prize \$2.00, 2nd \$1.00.
" 5—Corsage Bouquet—1st Prize \$1.00, 2nd 50c.

CLASS 6—CHILDREN'S SECTION—15 years old or under only.

Sec. 1—Best Collection of Garden Flowers—Named.
1st Prize \$1.00, 2nd 50c.
" 2—Best Collection of Wild Flowers—Named.
1st Prize \$1.00, 2nd 50c.
" 3—Best Collection of Grasses.—1st Prize \$1.00, 2nd 50c.

CLASS 7—VEGETABLES—Number and manner of display optional

Sec. 1—Garden Peas. Sec. 7—Rhubarb.
" 2—Carrots. " 8—Lettuce.
" 3—Beets. " 9—Any other type.
" 4—Turnips. " 10—Spray of Currants.
" 5—Onions. " 11—Spray of Gooseberries.
" 6—Chard. " 12—Cluster of Raspberries.

CLIP THIS LIST FOR REFERENCE

Swana Olafson Becomes Bride

A quiet wedding or much local interest took place at First United Church on Friday last when Miss Swana Olafson, daughter of the late H. Olafson and Mrs. Elnersson, was united in marriage to Collin Carrell, son of Mrs. Blanche Carrell of Mission.

The bride has lived in Prince Rupert since girlhood and is well known and popular, particularly in musical and church circles. Best wishes will be extended to the couple.

Lieut. Col. H. C. Barstow, district paymaster of Pacific Command, Vancouver, after spending a couple of days here on inspection duties following a trip through the interior, left Saturday night on his return south.

SERVICE EXPANDS

In the 26 months since its first training class of August, 1942, the W.R.C.N.S. has reached a total enlistment of 4,779 by May, 1944.

Announcements

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

W.O.T.M. Dance, Oddfellows' Hall, Wednesday, July 5. Dancing 10 to 2. DeCarlo's Orchestra. Refreshments.

Orange Ladies' Dance, July 7, Oddfellows' Hall; DeCarlo's Orchestra. Refreshments. Dancing 9:30 - 1:30 a.m.

Atlas Boiler Works

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

Phone Red 884

The best buy in Monuments and Markers in B.C. is at National Monuments on 3rd Ave., first door West of Eaton's.

NATIONAL MONUMENT

P.O. Box 998, Prince Rupert

DANCE

TUESDAY, JULY 4

Swingmen's Orchestra

ODDFELLOWS' HALL

GEO. J. DAWES

AUCTIONEER — and — VALUATOR

SALES CONDUCTED TO SUIT YOUR CONVENIENCE

FURNITURE AND HOUSEHOLD EFFECTS PACKED AND SHIPPED

Estimates Free Phone for Appointment

146 4th Ave. E. RED 127

Finest Salmon

The Seal of Quality

British Columbia's

Finest Salmon

J. L. CURRY

(Late of Yukon) CHIROPRACTOR

Smith Block Green 995

KING GEORGE CAFE

Special Chinese Dishes

Chop Suey
Chew Mein

Hours 10 a.m. to 10 p.m.
2nd Avenue and 8th Street

Reliability ...

For twenty-five years FASHION-CRAFT Clothing has been the choice of thousands of men in Prince Rupert and District.

Why? ...

Because they have learned through the years that the FASHION-CRAFT Label identifies a garment that is expertly-tailored and honestly made—ensuring proper fit and long wear.

Today ...

FASHION-CRAFT Clothing is still available — still as reliable as ever.

If you need a Suit or Topcoat we'd suggest that you see the Fashion-Craft range at

Watts & Nickerson

MEN'S and BOYS' CLOTHING

PHONE 345 — FIVE-THREE-TWO THIRD AVENUE

VOLUNTEER WORKERS WANTED

CIVIC CENTRE CARNIVAL

Men and women to assist in Booths, Concessions, etc.

PLEASE REPORT to Bill Stone at Wm. Stone, Clothier, Corner 3rd Avenue and 5th Street.

HOT OFF THE GRIDDLE!

NEW VICTOR RECORD HITS

HOLIDAY FOR STRINGS—David Rose and His Orchestra. A sparkling instrumental number which glorifies the string section in brilliant pizzicato passages. 27853... Price 75c

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. 20-1462... Price 75c

I LOVE YOU—Perry Como. Romantic baritone. Perry Como, records in his inimitable style Cole Porter's hit tune from the Broadway success, "Mexican Hayride." 20-1569... Price 75c

DO NOTHING TILL YOU HEAR FROM ME—Duke Ellington and His Orchestra. A tuneful Ellington melody highlighted by Cootie Williams' trumpet solo, with some super musical effects. 26598... Price 75c

POINCIANA—David Rose and His Orchestra. Played in the symphonic manner by David Rose and his twenty-six piece orchestra. A thrilling version of a beautiful theme. 20-1554... Price 75c

A GALAXY OF Gay TUNES FOR Spring

Every time you buy a new record, try to bring an old record in with you.

McRae Bros. Ltd

PRINCE RUPERT ROOFING CO.

Box 725

Specialists on Builtup Roofs

Repairs, Re-shingling

Free Estimates

Re-opening of the L.D. Cafe

CHOP SUEY and CHOW MEIN

Hours 6:30 a.m. to 1:00 a.m.

SUPPORT THE PIONEERS' HOME

PRESCRIPTION HEADQUARTERS

Down through the years, almost since Prince Rupert first existed, we have served the people. The prescription laboratory we have always tried to keep modern, using skilled pharmacists, quality, drugs, the best of equipment.

Ormes Ltd.

The Pioneer Druggists

THE REGAL 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.