## DRILL HALL AVAILABLE

Navy League Expects to Carry On Sea Cadet Activity There

the Sea Cadets would be able to ational and sports activities. continue using the Navy drill President S. P. Woodside was

hall despite closing down of H. M. C. S. Chatham. Arrangenumber of girls who would carry Correspondence at the regular on clerical work and so enable New recruits were being wel- use honey to replace sugar in monthly meeting of the execu- the cadets to attend the regular tive of the Prince Rupert branch classes. It is hoped that the nights, Tuesday of each week. of the Navy League of Canada girls will be able to take up rifle held in the Canadian Legion range practice. Plans are being co-ordinator of Sea Cadet ac- sugar called for in a recipe. rooms last week indicated that considered to provide more opthere was every possibility that portunities for carrying on recre- expressed his appreciation of the for is small, as in muffins, an

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in the chair at the meeting and others present were Douglas Wood, J. S. Wilson, A. T. Lashmar, R. M. Winslow, T. J. Fortune and T. Applewhaite, secretary. Lieutenant-Commander A. ments were made to obtain nec- Mitchell was also in attendance. essary tables and chairs for the He reported that, with the revarious clerical activities. It was sumption of fall and winter acalso agreed to enrol a limited tivities, there had been an increase in the number of cadets. comed at the regular parade cooking. Here is the answer:

tivities for the Naval Services, part the Navy League had play- equal amount of honey may be ed in the sponsorship of Cadet used instead. Where larger dren or grown-ups. Corps. It was no less important amounts of sugar are called for, boys helped to make them better Canadian citizens.

# GRIM NEWS FROM HOME

Bert Wouden Loses Both Father and Mother in Rotterdam

Renewed communications from liberated Holland following the war brought bad news for Bert Wouden, local taxi operator The first letter to be received from his brother told of their father and mother, the former 78 years old and the latter 76 being killed when their home was demolished in the almost utter destruction of Rotterdam by the great German bombing attacks in 1940. The bodies were never recovered in the huge mass or rubble and ruins.

flow daily to Canadian daily Health and Welfare Department newspapers over 12,000 miles of leased telegraph wire.

## PRIZE for THINKING

Entries are wanted for a suitable name and emblem for the Prince Rupert Recreational Council local activities.

Get thinking now and win a \$5 PRIZE

Contest Open to Everyone. Entries to Miss F. Parker, P.O.

Box 38, City, on or before November 4.

# PACIFIC CAFE

Now Open for Business

6:30 a.m. — 12:00 p.m.

Special Chop Suey - Noodles

# The Experts

By HELEN BANNERMAN Canadian Press Staff Writer

HONEY FOR SUGAR -- Many inquiries have been made by women who want to know how to

"Honey can be used success-A letter from R. C. Stevenson, fully to replace part or all of the

"If the amount of sugar called

recipe.

measure and blend than granu- lowe'en picture. lated honey. Granulated honey may be liquified by setting the container in a pan of hot water.

"A greased measuring cup makes measuring honey or other syrups easier."

The cup-of-water method of measuring small amounts of shortening does not work with granulated honey since some of it will melt and be discarded with the water.

LEAFY VEGETABLES - The ORimportance of green leafy vegetables in the diet receives a good deal of attention from nutri-Canadian Press news stories tionists, including those at the who tell us the dark green veg- ly and use as a sandwich spread etables now being harvested are with whole wheat bread. Yield: particularly good eating.

They are a source of vitamin A and iron and also contain some calcium and smaller quantities of other minerals. All in all, they are a good bet, even OR \_\_\_. though the yellow vegetables like carrots and sweet potatoes contain more vitamin A.

The darker the green the higher the nutrition rating. Dark and pour over fat. Add sifted green, crinkly-leafed cabbage found in the stores now is a good | Stem, wash and measure five bargain in nutrition.

grape pie, grape roly poly and and cook together for five mi:

several days by farsighted home- | blend 1/2 cup sugar, two tablemakers who use the last grapes spoons of cornstarch and a dash to make up what the Agriculture of salt with a little of the grape Department home economists | mixture, add to the remaining call a basic grape mixture which mixture and cook, stirring frecan be used for any of the grape | quently until thick. dishes mentione dabove. BASIC GRAPE MIXTURE-

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# Some Dainty Refreshments For Hallowe'en Festivities

Hallowe'en is the night on dry ingredients and mix well. which the witches set sail on Chill, roll and cut into desired their brooms, ghosts prowl, black shapes. Bake in a moderate cats howl and children demand oven, 350 degrees F., for 8 to 10 that every one "shell out." minutes. Makes 3 dozen cookies. Hallowe'en makes a perfect excuse for a party for either chil-

The occasion offers ideas for that the training received by the as in cake, it is better to replace decorating simple food to ob- 1 egg only half of the sugar with tain unusual effects. Sandwiches cut round with holes in "Use one cup of honey to re- the top slice to show the filling place one cup of sugar and in and look like faces please the baking reduce the liquid in the children. Spicy cookies with recipe by 1/4 cup for each cup of faces painted on with orange honey used. Don't use soda un- icing always make a hit and a less called for in the original little icing goes a long way. Devil's cake and taffy apples "Liquid honey is easier to definitely belong in the Halcream well together. Add beaten egg, blending well, then add mo-

The witches' brew may be lasses. Mix dry ingredients and have one on an occasion when folks. milk, fruit punch or coffee ac- add alternately with milk to first the special decorations suitable cording to the age and tastes of the guests.

Here are some suggestions for Hallowe'en frolics:

Cheese Crunch

1 cup grated cheese 1 cup finely shredded cabbage 1/4 teaspoon onion juice ½ teaspoon Worcestershire

1 to 2 tablespoons salad dressing

sauce

13/4 cup.

Few grains cayenne pepper Salt and pepper to taste Combine ingredients thorough-

#### GINGERSNAPS 2/3 cup molasses

1/3 cup mild-flavored fat 2 cups sifted pastry flour

1/3 teaspoon baking soda 2 teaspoons ginger

34 teaspoon salt Heatmolasses to boiling point

cups of grapes, preferably the GRAPES OVER SOON-Those blue ones. Press pulp from the delicious blue grapes will soon be skins. Heat pulp to boiling point disappearing from the market and boil gently for five minutes, for another year. Have you had then rub through a sieve to re-

your fill of them, and what about | move seeds, add skins to pulp cottage pudding with grape utes. Store in a covered jar in the refrigerator where it will The season can be lengthened keep for several days. To use,

### BE GAY ON HALLOWE'EN

It's always fun to have a party | the best of these occasi and it's so much more fun to a party, especially for the mixture. Add chopped raisins. to the event can lend an added played and the tricks to be Spread thinly in a greased shal- festive air. And probably Hal- on this night when witches low pan, 15x10 inches. Bake while lowe'en, with its many superstistill warm. Makes 3 dozen bars. tions and traditions, is one of lead.

Grilled | Baked Savoury

Fish

tioned

left- Group C unra- Group D

sages

Ounces

Tokens

Lamb

Chops

1 lb.

Tokens

Seasonable Ideas for Housekeepers

Molasses Raisin Bars

1/4 cup mild-flavored fat

2 cups whole wheat flour

1/4 teaspoon baking soda

1/4 teaspoon cinamon

½ teaspoon nutmeg

½ cup sweet milk

1½ teaspoons baking powder

Cream fat, ada sugar and

½ cup sugar

1/4 cup molasses

1/4 teaspoon salt

Many are the games

with ducking for apples Favors and decorations i

ange and black are gay an orful and are right for Ha e'en. There is such a varie novelties to be had that unique decorative schemes be worked out. Even in the you serve you can carry or Hallowe'en spirit. Round ies with grinning pumpkin painted on them with o icing are a cute idea. Co shaped like cats or witche attractive, too.

And your beverages, of c are important. Games ar citing and strenuous and guests will appreciate plen delicious drinks. Drinks from fruit juices and spar water will hit the spot. S ling water makes a fine t quenching drink that mixe with fresh or canned fruit j It is good, too, and adds ta drinks made with powder liquid extracts. Grape mixes well with sparkling and here is a recipe the especially nice for Hallowe

Grape Apple Sparkle One cup apple juice; grape juice; 1/4 cup lemon 2/3 cup sugar syrup; spa

Combine juices and suga rup. Pour over ice cubes i glasses and fill the glasses sparkling water. Serves f



Are you hankering for a roast of beef? The farsighted housewife will realize that under meat rationing her family of four can enjoy a Sunday roast, and the other meals of the week too, if she budgets her coupons with care. By parting with two coupons and five tokens you can procure a four pound rolled rib roast of beef from Group B. A Yorkshire pudding and good brown gravy should ensure enough of it being spared to slice cold for Monday. And for Wednesday, a roly poly is a tasty way of utilizing the remnants. Just season the ground meat, moisten it with gravy or vegetable juices, roll it up in your best biscuit dough, bake in a hot oven, and serve with a zestful tomato sauce. For Tuesday veal cutlets are appetizing exchange for five tokens. . One pound of lamb chops for Thursday will require four tokens, and with unrationed fish for Friday you will have two tokens left from your week's allotment. A savoury spaghetti dish highlighted with the season's green peppers, tomatoes and mushrooms and topped with well-browned sausages would make a substantial main course for Saturday. And of course off-theration items such as cold sliced tongue offer solution to luncheon problems.

FOR A FAMILY OF FOUR

Beef

beef

Braised

Veal

left- Group B

Tokens

Cutlets Poly

Cold

Roast

Beef

over

beef

Roast

Beef

Group B

Coupons

Tokens

MON. TUES. WED. THUR. FRI. SAT.

#### Permanent Club For Women Overseas LONDON Oct. 29 (P) - The

Canadian Girl's Club in London has registered under Great Britain's Companies Act in the new Catherines, Ont.; committee, name of "The Canadian Girls Miss Eileen B. Griffin, Montand Business Women's Club."

An overseas membership arrangement entitles Canadians in Canada to join and when England they will have all club privileges for six months.

Club officers said it is the first and only all-Canadian women's organization in Britain. It was inaugurated in December 1942 for service and civilian Canadians doing war work in Bri-

Officers and their Canadian



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accounts for approximately 48% of Canada's total fish production.

The Coast fishing industry supports 18,000 men and women and their families, and through the purchase of equipment and supplies, pours further huge sums into the community.

How the 'fish dollar' circulates is illustrated above. Out of every dollar received by our organization from the sale of its fish products, for the past financial year:

and Services

62.8c was paid to fishermen and employees.

29.9c was paid for supplies and services. 2.9c went into depreciation—a source of funds for replacement of fleets and plants.

1.9c went into taxes.

2.5c was net profit — available as a business maintenance reserve and for distribution to about 1400 shareholders in Canada, Great Britain and the United States.

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