Illness Steps Up Need for Foods

To speed up convalescence and avoid the loss of weight which so crease the protein and calories; GUDES HELPED often accompanies illness, the without making the diet bulky often accompanies illness, the without making the diet bulky Nutrition Division of the De- or difficult to digest, is to suppartment of National Health and plement meals with egg-nogs and Welfare recommends feeding pa- milkshakes, given in mid-morntients, from the beginning of an ing, mid-afternoon, and at bedillness, a diet based on Canada's time. The patient will be able to -The only British personnel al-Food Rules, unless the doctor ad- enjoy small amounts of food at lowed through the EL.A.S. lines vises otherwise.

ness the protein and caloric general suggestions, but any spe- ternational Service, who, in civineeds of patients soar higher cific orders of the doctor should lian clothes, drove trucks and than those of hard working lab- be carried out with care. orers," state the nutrionists. "Extra body-building protein is recaused by injury, operation or ill- | South America.

ness. Fever patients use up calories at a terrific rate—these must be supplied by the diet."

The most practical way to in-

Brazil, more than 3,275,000 square miles in size, occupies quired to repair the damage nearly half of the area of all

The Experts Say - -

most skilled home canners some- bine two cups of soft, stale whole times overestimate the amount wheat bread crumbs, two cups of of syrup they need for a certain ground cooked meat, two tealot of fruit. With sugar short in spoons of chopped onion, 1/2 tea- ess Reventlow told how her home

makes delicious sauce for des- ly and brown on both sides. This serts like cottage pudding and makes six servings. can also be used for sweetening and flavoring fruit dishes.

If it can be used immediately, that's fine, but it moulds within a short time even when kept in the refrigerator. If it cannot be used within a couple of days, put in a clean hot sealer, adjusting the rubber ring and top and process along with the last batch of fruit. The sealer does not have to be full, so even as little as part of a cup can be saved for a dessert months hence.

Clear syrup to which fruit has not been added will keep without processing for a reasonable length of time in the refrigera-

meat rationing scheduled to start | ing are better sources of thiamin up again in a matter of days to than the prepared ones. The best help out Europeans faced with way is to start the day with one a drastic shortage, smart house- of these. If cooking is not progo further. Left-over meat takes | significant. patties.

SYRUP FOR FRUIT—Even the | To make curry patties, com-

supply throughout the world, spoons of curry powder, 1/2 cup of in Denmark became an ammunievery ounce of sweetening is gravy, one egg and salt and pep- tion dump for equipment dropprecious and not a speck must be Melt two tablespoons fat in fry- ped by the R.A.F. per to taste. Mix thoroughly. If the fruit has been simmered ing pan. Drop mixture into hot Richard," "Greetings to John," in the syrup the surplus syrup pan by spoonfuls. Flatten slight-

> EAT MORE CEREALS—Canadians do not eat enough cereals and cereal foods, says the Nutrition Division. We grow our own cereal grains and they are one of the cheapest foods, yet we cheat ourselves by eating too little of them.

They are important because they contain thiamin, the B. vitamin needed for steady nerves listless may lack this vitamin.

whole cracked cereals like cracked wheat, whole wheat bread and oatmeal or rolled oats. The nutritionists point out that the break-SPINNING OUT MEAT— With fast cereals which require cookwives are making the family longed beyond 30 minutes the shoes? roast last longer and left-overs loss of all the B vitamins is in-

to stretching especially well Certain prepared cereals such when an interesting flavor like as the bran, shredded and nut curry is used to give piquancy. varieties made of wheat or oats The Agriculture Department contain some thiamin, while Consumer Section suggests curry | cereals derived mainly from corn and rice contain little.

Seasonable Ideas for Housekeepers

LONDON, August 28 (Reuters) frequent intervals rather than in the Greek revolts last winter "Actually, in many cases of ill- three heavy meals. These are were members of the Guide Inexchanged British-held hostages with those held by E.L.A.S.

> One of the guides was Miss M. Jarman who told at a press conference at Girl Guide headquarters here how the first Guide International Service teams acted as intermediaries after their arrival in Greece from Alexandria aboard ships which used to sai the Canadian Great Lakes. Greek Guides and Boy Scouts now are carrying on the relief work.

At the same conference Count-

She said the "Greetings to "Greetings to Eric" messages broadcast by the BBC during the war were part of a code telling resistance workers where arms would be dropped. The code name of the countess' home was "Eric."

HOW CAN I?? By ANNE ASHLEY

A. Crystal glassware or dishes and quick, accurate thinking. are less liable to break if they Persons who feel sluggish and are placed on the stove in a pan BRITISH BRIDES of cold water and allowed to Tiamin is best obtained from come to a boil. Let boil for about ten minutes and then allow to cool in the same water. Q. How can I avoid sticking

> of starch? A. Starch will not stick if a drop or two of kerosene, or a ding dresses went overseas last little lard, is added to a small spring as a gift from Canada to basin of starch and then al- British service women doing duty lowed to come to a boil.

shoes, or slippers, add a little der Daughters of the Empire,

IN THE NEWS AGAIN since pre-Socrates times.

Canned Peaches Easy on Sugar Tested Directions Are Given

Vacuum sealers....1/2 in.

Pints-15 minutes.

Pints-25 minutes.

not invert.

covers fruit.

Leave headspace:

vacuum sealers.

not invert.

Pints-20 minutes.

Quarts—25 minutes.

Quarts-30 minutes.

Quarts-20 minutes.

controlled oven, 275 degrees F.):

Sugarless Canned Peaches

teaspoon salt to 1 quart cold

sealers. Pack down until juice

Screw and spring top sealers-

Remove bubbles by running

and spring top sealers. Seal

Vacuum sealers-1/2 inch.

pit and slice. Drop in brine(

Blanch peaches, remove skins.

Screw and spring top sealers-

Peaches are here—and in | at once in clean hot jars, halved kitchens all over the country peaches cut side down. women are canning as much as Leave headspace: possible for use next winter.

Peaches from British Columbia are graded Fancy Quailty and 1/4 in.

for canning peaches.

Yield: One 20 pound crate of and spring top sealers. Seal vapeaches yields about 10 quarts cuum sealers. of canned fruit. One 6 quart | Process (in boiling water leno (heaped) basket, weighing | bath): 10 pounds, yields about 5 quarts

Quantity of syrup: If peaches are ripe they are quite sweet and require very little sugar. Either a thin or very thin syrup may be

20 lb. Crate

Thin: 16 cups water to 8 cups sugar. Very Thin: 18 cups water to 6

cups sugar. 6 Qt. Leno Basket Thin: 8 cups water to 4 cups

cups sugar. Bring sugar and water to boil-

sugar.

ing point, skim. Peaches-Het Pack

Prepare syrup. Blanch peaches. remove skins, halve and pit; slice if desired. Drop in brine 1/4 inch. 1 teaspoon salt to 1 quart cold water) to preserve color. Drain. knife down and around inside of Simmer 5 minutes in syrup. Pack | container. Partially seal screw

Q. How can I avoid breaking 1.0.D.E. HELPING lassware?

Wedding Dresses and Accessories Donated to British Service Women

TORONTO, August 28 (P) — Eighty-seven long, white, wedboth in Britain and in foreign Q. How can I polish damp countries.

The gowns, assembled at Tor-A. When trying to polish damp onto headquarters, Imperial Odparaffin to the blacking and it were sent by members of the various chapters across Canada.

Together with wedding veils. gloves, shoes, stockings, lingerie, Atoms have been talked about pearl necklaces, prayer books and fine handkerchiefs, the dresses helped to overcome the severe clothing shortage and to fulfill many a young bride's ambition to be married in white. Some of the articles were new but most of them had been worn at weddings

in the Dominion. The dresses were sent from Toronto for the Women's Auxiliary Air Force, Women's Royal Naval Service, and the Duchess of Northumberland's Comfort Fund for the Auxiliary Territorial Services, England.

Upon arrival in Britain, three costumes were immediately sent by air to Italy where they were enthusiastically received. The cost of clothing in Italy was so high that mosquito netting had been a feature at most wedding ceremonies of British service women there.

Six others were posted for India where shortage of materials was most acute. One dress, veil and a pair of gloves of the outfits sent to Northern Ireland was worn by a member of the W.A.A.F. at her wedding to a service man in Belfast, June 13.

The frocks had a busy but very happy life, travelling from town to town, country to country, being loaned over and over again to many a glowingly beautiful bride so that she might cast off her uniform on her wedding day 70 and wear the traditional "white."

Modern Etiquette By ROBERTA LEE

Q. In what way can a conversation be pleasant and entertain-

A. It can, if based on subjects of mutual interest to everyone some trip or vacation or experience, which holds no per-

Q. What is the best way for parents to thank friends wholl have sent gifts to the new baby? A. It is preferable to send personal notes, expressing sincere appreciation.

Q. Is it good form to use ruled! 40c paper for any social correspondence?

No; the paper should be plain, white, unruled, and of good

GOTHAM'S NAME After the British seized New Amsterdam it was named New York for its new master, the Duke of York, brother of the

British king.

Timely Tips

A Tighter Tie

I FLEISCHMANN'S "Just put your finger on the knot please," you ask, while struggling to fasten that parcel up tightly. Is it still not tight enough? Soak the string well in water, then go through the tying up routine while it is still wet. As Remove bubbles by running a the string dries it shrinks-and Today we give tested methods knife down and around inside of there is your parcel tied as snugly container. Partially seal screw as can be.

Preste! Lunch

Right after dinner make up a casserole using the left-over meat. Keep in the refrigerator ready to pop in the oven for to-Process (in thermostatically morrow's lunch. You'll have a speedy lunch and speedy use of left-overs too!

Let It Glitter

Cool away from draughts. Do Chromium, whether on toasters or serving dishes can look very smart and modern. Don't dim its glitter by cleaning with an abrasive polish. The coating water) to preserve color. Drain, wears off easily, so its much bet-Heat slowly in just enough water | ter just to use a damp cloth or to prevent sticking, until juice soap and water. Follow that by Very Thin: 9 cups water to 3 begins to flow, about 3 to 5 min- a gentle rubbing with a soft cloth utes. Pack at once in clean hot! and you will get a high luster.

Comes a Holiday

Why not stay home this Labor Day? Plan an outdoor picnic for the backyard or better still a corn roast for the nearby country side. Hitch-hike, bike or motor to your chosen destination—but do stay off the trains, leaving them for the boys coming home so they'll get there faster and in greater comfort. Process (in boiling water

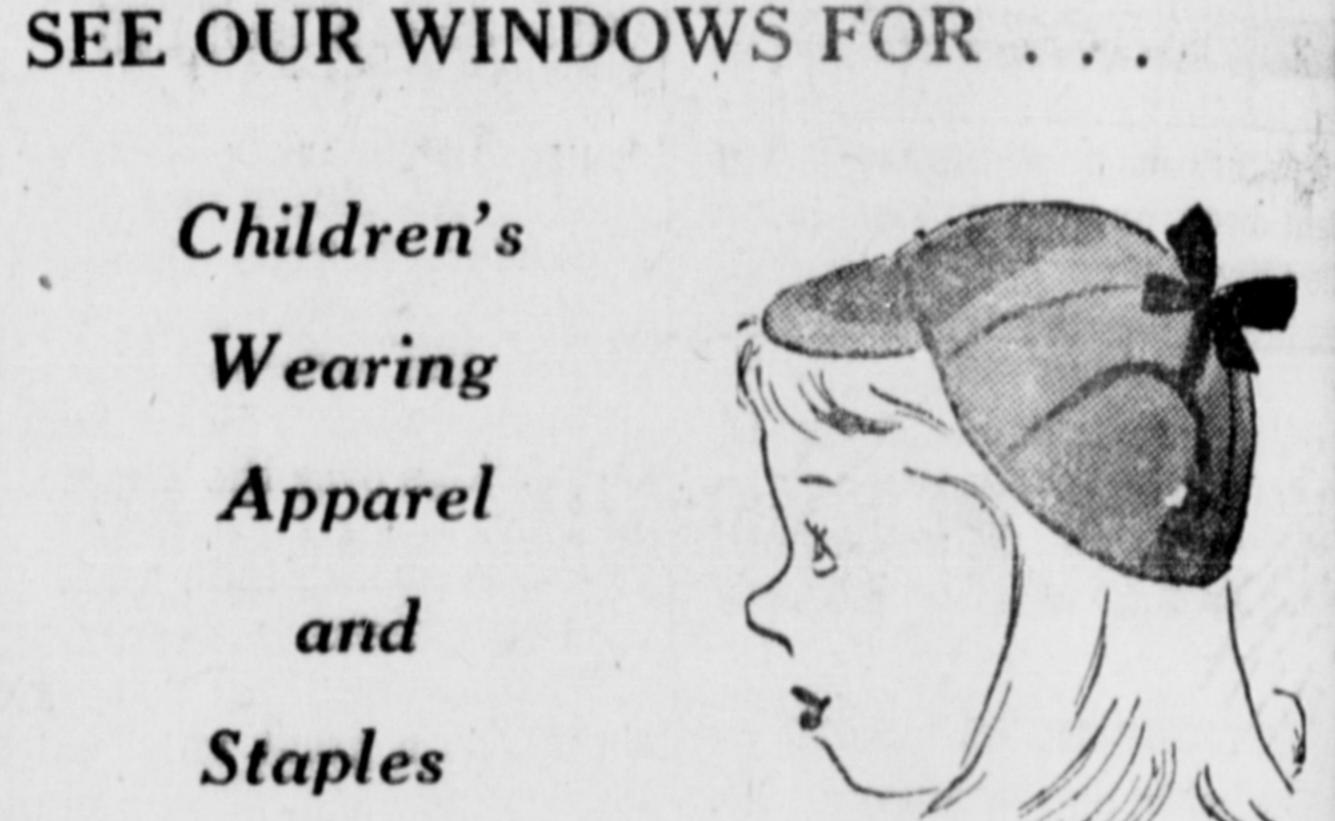
WORTHWHILE LUNCH .

THE ANTISEPTIC LINIMENT

for CUTS, BURNS

AND BRUISES

Gold was discovered near Los Angeles in 1842 by a sheep her-Cool away from draughts. Do der who was trying to dig up a few wild onions for his lunch.



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ints, doz	PEACH PLUMS, per crate \$1.9
RERR ECONOMY JARS Quarts, doz. \$1.59	FRESH VEGETABLES

Quarts, doz. \$1.59 Pints, doz. \$1.29	Prices subject to market changes. Head Lettuce, 2 for 29c Cabbage, lb. Green Onions, 2 for 15c Carrots, lb. Celery, crisp, 2 lbs. 21c Cauliflower, lb. Field Tomatoes, 2 lbs. 29c Yams, lb. Large Cucumbers, 2 for 27c Bunch Beets, lb. Green Peppers, lb. 19c Red Peppers, lb. Dill Cucumbers, lb. 19c Red Peppers, lb. Dill Cucumbers, lb. 10c Dried Onions, 4 Green Beans, 2 lbs. 29c Wax Beans, 2 lb. No. 1 POTATOES, 50 lbs
IMPROVED GEM Quarts, doz. \$1.39	
IDEAL JARS Medium, doz. \$1.39	
Gem Zinc Rings, doz 33c	
Gem Glass Lids, doz 29c Perfect Seal Lids, doz 29c	SIZE 3 PEAS Aylmer Choice, per tin
W.M. Mason Lids, doz 29c	CHADTENING Domestic,

19c PUNKIEMINA N.M. Mason Lids, doz. 19c OXYDOL Large BERNARDIN No. 63 TWO-PIECE CAPS Squirrel Brand, Made to fit salad dressing, peanut butter and jam jars, FRESH EGGS Grade "A" Pullet, etc. Per doz. complete, 39c loose, doz. Size 60 - 70 23c

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20-oz.,

Fresh Ground,

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