nely Tips

PANCAKE BAKERS the batter while the heating and let batter a few minutes before When using pancake just add milk or water tter's ready.

griddle over fairly Test by sprinkling a ght up in steam, grid- blues. not. If they break into ops, and dance over an instant, it's just

e each batch the gridbe lightly greased. lightly with greased or (salad oil will do). griddle is right, the ones: till bake on the first to 2 minutes. The top ghtly pitted and will ts glaze. Flip pancake ly and bake on other ot spank down if it e middle. If making n advance, keep them top of a double boiler. nana Pancakes

ncake flour water or milk thinly sliced bake according to ections. Eight cakes.

CAN I ? ? ?

can I make polishing nixing well 1 quart lb. whiting, 1/8 ounce Soak clean woolen is mixture and hang (shade) to dry. The not soil the hands or en dry. Keep them in in box.

can I make use v. worn bedspreads

o fit the dining room through the centre can I make better

it will be much n egg is added while e is cooking.



Short-Cut Recipes That Are Decorative, Taste Good Too

If one can whip up a tasty dish | Melt fat in saucepan. Add onfrom the remains of Sunday's ion and green pepper, and cook roast, or produce a new version 5 minutes over low heat, stirring of an overworked vegetable overworked because it is in good ions. Add tomato juice slowly and supply— there will be no quest- cook, stirring constantly, until of water on surface. If ion of overcoming Monday's mixture thickens slightly. Add

As for the busy double-duty Six servings. home-maker, she is always on the lookout for recipes which are simple to prepare, quickly cooked and decorative as well as good to

Here are two particularly good

Tomato Curry Vegetable

11/2 tablespoons mild-flavored

1-3 cup chopped onion ½ green pepper, diced

(optional) 1½ tablespoons flour ½ teaspoon salt

½ teaspoon curry powder 2 cups tomato juice

2½ cups drained canned peas corn may be used)

occassionally. Mix flour, salt and curry powder and stir into onvegetable and heat thoroughly.

Short-Cut Casserole

2 cups diced cooked potatoes 2 cups diced cooked carrots

1/4 cup chopped onion 11/2 cups chopped cooked meat

2 cups tomato juice 1/8 teaspoon celery salt Salt and pepper to taste

arrange in greased baking dish. pression that soldiers have a well Bake in a moderately hot oven, developed sweet tooth—the sec-375 degrees F., about 30 minutes, tion headed "Sweets" contains 62 until thoroughly heated. Six recipes compared with 20 for hot servings. Uncooked vegetables beef, 17 for potatoes, with and and ground uncooked meat may without their skins, and 28 for be used in the above casserole other vegetables. In addition (green beans, wax beans or and the cooking time increased there are 27 for pastry and cakes, to 1 hour.

the scene of a beautiful wedding

became the bride of Joseph Steve

Wesley, was lovely in full length

triple sheer crepe gown. Her veil

was held in place by a heart-

shaped headdress of orange

Miss F. Anne McDames was

maid-of-honor and the brides-

Brown, Connie Milton, Dora

Sampare, Cora Wesley, and Phyl-

lis Jones. Flower girls were Mazel

bearers, Matilda Wright, Hazel

munity Hall where a large ban-

performed the ceremony.

Howard.

sang "Taps."

lare the following:

Secretary, Joyce Poole.

well and Pat Thomas.

Treasurer, Colleen Whalen.

at teas and decorating halls.

a century old.

RECENT DEVELOPMENT

IN THE SUPREME COURT OF

BRITISH COLUMBIA IN PROBATE

IN THE MATTER OF THE

"ADMINISTRATION ACT"

IN THE MATTER OF KRISTIAN

DATED at Prince Rupert, B.C., this

W. O. FULTON,

Executor of the Estate

of Kristian Knutsen.

17th day of February, A.D. 1945.

Medical psychology is less than

maids were the Misses Melb

The bride, who was given in

MOTHERS AND INTERIOR DAUGHTERS AT WEDDING BANQUET TABLE

Happy Gathering by C.G.I.T. Thursday night

TERRACE, March 5-The annual Mother and Daughter Day banquet of the Canadian Girls in Training was held in the Knox United Church Hall on Thursday evening. As their mothers arrived the girls welcomed them and took them into the church. When the girls had finished preparing supper, Mrs. T. Colwell, the C.G.I.T. leader, brought the guests into the hall which had been artistically decorated in the G.I.T. colors-blue and white. The table was tastefully arranged with candles and flowers. Old fashioned dolls, modelled from clothes pegs, were used for place cards. Mrs. Colwell and the C.G. president, Helen somerville, at at the head of the table. The guests were Mrs. Toop, Mrs. Jordan, Mrs. E. Haugland, Mrs. Baker, Mrs. Mills, Mrs. E. Thomas, Mrs. S. Kirkaldy, Mrs. Poole, Mrs. Whalen, Mrs. A. Kirkaldy, Mrs. Kirkpatrick, Mrs. McLeod, Mrs. of Kitwanga, Hazelton, Kitwan-

Frank, Mrs. Barr, Mrs. E. Brookes | cool, Kispiox and Prince Rupert. and Mrs. J. Smith. After supper was over, the C.G. held which lasted till the wee "picky" appetite. I.T. girls sang some of their small hours. Everyone was in a songs. Then Helen Somerville, joyful mood and the crowd with savory stuffing, tested by Edna Toop, Elizabeth Haugland, showed their esteem and en- the Agriculture Department, re-Mrs. Frank and Mrs. J. Smith, thusiasm. During refreshments quires six medium crions, two made short addresses. Mrs. Barr | Wagner of Prince Rupert, Miss spoon salt, a dash of pepper, 1/2 who was a former C.G.I.T. leader, C.G.I.T. Part of the evening was Williams, . Kitwanga, Jacob ory or thyme, two tablespoons of spent in the playing of games and Mrs. Colwell told the girls McDames, teacher of Kitwanga. an interesting story.

The final ceremony included the stating of their purpose,

eatherman says: AN EARLY SPRING! gree . . . so if you're

6 to 60

we are ready to give you comfort for sport or leisure.

. . . in . . .

TENNIS SHOES

d's, Misses', Youths', Boys', Men's, Women's

(Across from Orme's Drug Store)

- AND -

COMPANY LIMITED PRINCE RUPERT, B.C.

The Experts Say ... By the Canadian Press

way to a soldier's neart while he Force, it is announced. is on furlough these days need not be surprised if he asks for poached apples with creamed rice or banana fritters with apricot sauce "just like my mess sergean; used to make."

The army's official cook book includes recipes calculated to tempt fighting men's appetites and ease the qualms of their families who are sure they are not getting the right things to 2 tablespoons mild-flavoured eat. Measured by weight for 100 portions most of them are based on British Army recipes but with

a distinctly Canadian flavor. First glance at the little cream-Mix ingredients together and colored booklet leaves the imfrom chelsea buns to short

Other sections of the book. however, give instructions for preparing bacon dishes, egg dishes, savories, soup, fish and liver dishes, grills, meat pies, stews and mutton and pork KITSEGUCLA, March 5-The dishes. Kitsegucla United Church was

Variety is stressed in the general instructions as the keynote when Miss Norah Emily Wesley for success in cooking, "and a bill of fare giving a wide election should be the aim of everyone responsible for maintaining marriage by her father, Edward a high standard of messing in

The army, following British custom, has included substantial teas in the suggested weekly menus. Along with tea and bread and butter they suggest watercress and short breads, jam and fruit cake, or salmon salac.

From

California,

Klim

1-lb. tin

5-lb. tin

Apple Juice

Finest quality,

Robin Hood Flour

baking, 24-lb. sack

Manitoba Peas

49-lb. sack

Per tin .

Best for all your 89c

20-oz., 2 tins

48-oz.

Per tin

The thing to keep in mind about meat, says the Nutrition Division, is that hamburg and Wesley, Susan Sampare; trainpot roasts are just as nutritious as the most expensive cuts. And while lower priced cuts may The village band escorted the take a little more care and imbridal party to the church where agination in preparation, they Rev. Mr. Rutherford of Kispiox can be made into extra special

The day was bright and warm BAKED ONIONS- Vegetable which added to the beauty of the dishes are ideal for Lenten meals. party as it moved to the Com-An eye for color in the choice, arrangement and care in comquet was partaken of by people bining vegetables of different textures will result in meals In the evening a dance was which will tempt even the most

This recipe for baked onions solos were sung by Mrs. E. M. cups soft bread crumfos, 1/4 teagave a talk on the work of the Connie Moat, Hazelton, Willie teaspoon poultry seasoning, sav-Brown, Kitsegucla, and Miss Ann mild-flavored fat.

Cook the onions in boiling salted water until just tender, about 20 minutes. Drain, remove and chop a portion of the centres. which is as follows, by the C.G.I. T. girls: "As a Canadian Girl in Mix bread crumbs and seasonings, add melted fat and chopped Training, under the leadership of Jesus, it is my purpose to cherish onion and mix thoroughly with health, seek truth, know God, a fork. Fill onion centres with 'and serve others and thus, with the stuffing. Place in a shallow baking dish and bake in a mod-His help, become the kind of girl God would have me be." Before erately hot oven, 375 degrees fahrenheit, for about 30 minutes. the gathering broke up the girls This makes six servings.

Mrs. T. Colwell, the wife of Rev. Applesauce can be kept ready Thomas Colwell, is the C.G.I.T. for any emergency. Cook the leader and the girls in her group applesauce and, while hot, pour into hot sterilized jars and keep President, Helen Somerville. in a cool place. The sauce is then ready for fruit desserts, pies. cakes, as an accompaniment for Social Conveners-Betty Col- meat and poultry. For variation add a dash of mint when serv-Other members-Janet Colwell, ing with lamb, and a dash of Onnolee Kirkaldy, Jean Kirkaldy, cloves or cinnamon when serv-Irene Haugland, Elizabeth Haug- ing with other meats.

land, Edna Toop, Josephine Jor-USEFUL SUBSTITUTES The C.G.I.T. girls have been a Cottonseed and soybean oils great help to the ladies' guild of both have been used to replace Knox United Church by helping coconut oil in the manufacture of margarine during the Second Great War.

> IN THE SUPREME COURT OF BRITISH COLUMBIA IN THE MATTER OF THE "ADMINISTRATION ACT"

IN THE MATTER OF THE ESTATE

OF ALEXANDER DUNCAN, DE-CEASED, INTESTATE. TAKE NOTICE that by Order of His Honour Judge Fisher, Local Judge of the Supreme Court of British Columbia, I was on the 15th day of February, A.D. 1945, appointed Adminis-KNUTSEN, DECEASED, INTESTATE trator of the Estate of Alexander TAKE NOTICE that by order of Duncan, who died on the 30th day His Honor W. E. Fisher, made on the of November, 1944. All persons in-16th day of February, A.D. 1945, I debted to the said estate are rewas appointed Executor of the estate quired to pay the amount of their of Kristian Knutsen, deceased, and indebtedness to me forthwith and all parties having claims against the all persons having claims against the said Estate are hereby required to said Estate are required to file them furnish same, properly verified, to with me properly verified on or beme on or before the 17th day of fore the 31st day of March, 1945, March, A.D. 1945, and all parties infailing which distribution will be debted to the Estate are required to made having regard only to such pay the amount of their indebtedness claims of which I shall have been

DATED at Prince Rupert, B.C., this 15th day of February, A.D. 1945. NORMAN A. WATT. Official Administrator, Prince Rupert, B.C.

Duchess Assumes Honorary Posts CANBERRA, March 5 (P)-The

Duchess of Gloucester, wife of Australia's new governor-general has agreed to serve as honorary colonel of the Australian Women's Army Service, Australian Army Medical Women's Service and Australian Army Nursing Service. She is also to be honorary commandant of the Wo-Wife or mother seeking the men's Auxiliary Australian Air

For Results-try a Classified.

INDIANS GET BENEFITS TOO

To be Accorded Same Treat at Greenville

As a result, he claims, of the efforts and representations the Native Brotherhood of Brito receive family benefits of It pays to use the Classified Johnson Russ, Greenville, presi- materials. Now it is hoped to Ad columns in the Daily News. dent of the Native Brotherhood open the church in 1946.

Monday, March 5, 1945 in the city yesterday, stated. Mr. Russ was on his way to Vancou-

Prince Rupert, B.C.

ver to attend a meeting of the Venice imported sugar from the ment as Whites-New Church executive of the Brotherhood and Orient it was so costly that only will later proceed to Sunnyside the wealthy could afford it. Cannery to spend the summer.

having been resumed of a fine Benson, reached Prince Rupert tish Columbia, the Indians are new Anglican Church in his vil- at the first of the week by hik-\$5 lage. Work on the structure—120 ing six miles down the Naas river per month similar to those which by 37 feet—was started before ice in an hour and a half from the federal government has de- the war but has been held up Greenville to Fishery Bay whence cided to accord to white people, through difficulty in obtaining they came in on Angus' gasboat.

THE DAILY NEWS

SUGAR WAS A LUXURY

PAGE THREE

Back in the 14th century when

Mr. Russ told of construction with Ernest Angus and Jeffery

Mr. Russ left for Vancouver last week while the rest of the Mr. and Mrs. Russ and family, party left for Sunnyside.

CELEBRATION THIRTY-FIVE YEARS OF SERVICE TO THE PEOPLE OF PRINCE RUPERT AND SURROUNDING DISTRICT

THIRTY - FIFTH

ANNUERSARY

Only through the co-operation and goodwill of our many patrons and friends of Prince Rupert and throughout the district is our thirty-fifth anniversary made possible. We appreciate very sincerely the confidence you have placed in us and it is our aim to merit your continued patronage and support.

This store is 100% Prince Rupert establishment with no outside interests nor capital whatsoever.

Our policy is to place before the housewives of Prince Rupert and district quality foodstuffs at current low prices.

We maintain an up-to-date delivery service three times weekly throughout of the city, as well as daily service to all boats. We also ship to all outlying districts, whether it be by boat or rail.

As a symbol of our appreciation to you for your loyalty, we offer for one week only some values for your greater savings.

THESE SPECIALS ARE GOOD FOR ONE WEEK ONLY

MONDAY, MARCH 5TH

SATURDAY, MARCH 10TH

Fry's Cocoa

1-lb. tin

1/2-lb. tin

Cake Flour

Swansdown

Christie's Sodas

or salt 22c

27c

19c

Quaker Oats CANNED TOMATOES Choice quality, 28-oz. Lipton's Tea Bags **CUT GREEN BEANS** 125 bags to carton, Choice quality, 20-oz., Per carton Pure Red Plum SILVETS Jam Great Northern, packed in oil, 1/4s. Malkin's Best, (Smoked sardines) (4 preserves coupons) 5c Wee MacGreegor, in natural oil, 6-oz. tin

SARDINE SPREAD CARTONED EGGS Grade A Large, Per doz. SEEDLESS RAISINS

2-lb. cello bag We carry a complete stock of your favorite tobaccos and cigarettes. Include some with your grocery order.

EVAPORATED MILK Any brand,

Any brand, talls, per dozen \$1.25 SANDWICH SPREADS

Assorted, York's and Clark's, 1/2s, 2 tins

\$2.59

29c

We have a limited supply of Honey, Kleenex, Cake

Fruit and Cut Peel, Fancy Cookies, Candy, Chewing Gum, Jelly Powders, etc. **********

SAVOY CUSTARD POWDER Makes fine custard, 4-oz.

FRESH FRUITS AND VEGETABLES Arriving each boat to ensure freshness for you. You are invited to look over our display.

COLGATE'S FINE TOILET SOAPS Cashmere Bouquet and Odex, 19c

WINDSOR SHAKER SALT Plain or Iodized, 2-lb. carton

ONE DAY ONLY—TUESDAY, March 6

Nabob Coffee Oranges California, 252's, 32c 1-lb. bag Per doz. Tomato Soup Butter Campbell's, 9c First Grade, Per lb. Tomato Juice (2 coupons) Clark's, 20-oz. Lifebuoy Soap Per tin

29c

Jell-o Chocolate Pudding, 2 for 15c

Purex Toilet Tissue \$1.72 Wax Paper Ungraded as to size, 10c 100-ft. rolls

19c 17c

4 cakes Pure Lard Swift or Burns, 15c

Large pkg. Lipton's Noodle Soup Mix

We reserve the right to limit quantities.

Kellogg's All-Wheat Deal 2 pkgs. and 1

19c tumbler all for Johnson's Glo-Coat 59c

99c Quart jar Spearmint Tooth

Paste

39c Large tubes,

Prem Spork Kam Take your choice, 55C

Issallem's Economy