#### The Experts Say ...

BAKING POTATOES - How ood is a baked potato? Like the little girl in the nursery ryhme t can be "very, very good, and when it's not it's horrid."

The agriculture department, consumer section, supplies these ointers to ensure perfection al-

First step is selection of potatoes that are all the same size the many guests. so that they will cook evenly. second step is thorough scrubbing, drying, and for soft tasty skins that will be eaten to the last scrap, a rub with melted fat. Then, into the oven, which should be very hot, 450 degrees F. for 45 to 60 minutes accordng to size. The potatoes should be on a rack, not on the bottom of the oven where they will develop hard spots.

Take them out of the oven as soon as they are soft, prick with a fork, then cut a cross on one side and press the potato below the cut to fluff it up. Tuck in a bit of butter and serve at once. cover with a napkin enroute to le table. A covered vegetable dish will make the mealiest potatoes soggy in no time.

have a flavor all their own. Try Mrs. S. Massey. em for something different on

Scrub six medium potatoes, rub with fat and bake in a moderately hot oven, 375 degrees F., for about an hour or until soft. Cook one cup of chopped onion in 1/2 cup of water for 10 minutes. Cut a slice off the top of each potato, scoop out centre with a spoon and mash well. Add onions, two tablespoons of milk, one egg, salt and pepper taste. Beat well. Refill potato iells, heaping them high. Sprinkle with 1/2 cup grated cheese and brown in a hot oven.

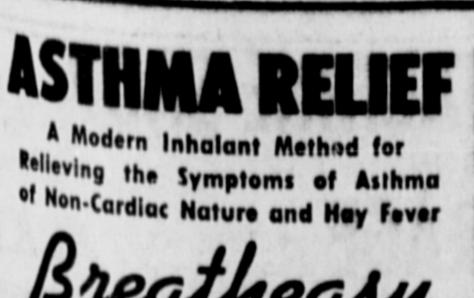
SCARCE MERCHANDISE-You may have noticed that while many almost-forgotten items o nerchandise are re-appearing in store,s others seem una ountably to be scarcer than ever. The reason, we understand is the combined problems of reonversion and manpower which ost these articles their oneump advantage over public buying power.

The textile situation is a good example of the reasons which take it necessary to retain of ghten certain restrictions, the rices Board experts say. A dom stic labor shortage combined with difficulties in procuremen rom the United States and the United Kingdom, and increasing requirements resulting from de mobilization, led the board extend its controls over produc on, in the form of directive programs to all essential gar ments and into the fabric field

THREE SQUARES IMPORT ANT—Three square meals a da

GRATEFUL FOR EIRE FOOD esenting the Netherlands gova large plate of fine china and

EASILY PRESERVED



\* CAUTION: Read Literature Thoroughly and Use Only As Directed. CONSULT YOUR LOCAL DRUGGIST

#### CAMBRAII.O.D.E. HOLDS FALL TEA

Delightful Affair at Home Of Mrs. Jos. Scott

J. Scott, Fourth Avenue West.

The tea table was charmingly decorated and presiding at the urns were Mrs. Stanley Saville, Mrs. S. C. Elkins, Mrs. E. G. Daniels and Mrs. Maurice Mrs. W. Elkins, Mrs. T. Mc- boiler. Meekin and Mrs. W. Noble.

G. Ham.

incharge of Mrs. B. Witchers and Mrs. A. Slater. Many lovely aprons were sold, Mrs. R. Parker being in charge of this

Mrs. B. Parsons was in charge of the drawing for a lovely walnut coffee table won by Mrs. S. Haugan with ticket number 642, and a beautiful English morocco POTATOES MARION- Pota- handbag was won by Mrs. S. oes Marion, as prepared by the | Saville with ticket number 431. agriculture department econom- There were two lovely cakes rafists, may look like ordinary bak- fler during the afternoon and ed stuffed potatoes, but they winners were Mrs. W. Elkins and kitchenette.

# The Markets

Fruit
-------

	Pears, 4 lbs.	
	New Apples, lb	
	Grapes, lb.	
	Grapefruit, Calii09 and	
	Lemons, doz	
1	Oranges, Navel, doz25 to	
	Bananas, lb.	
	Vegetables	
	Spinach, lb.	
	Beets, local, lb.	
	Turnips, yellow, lb	
	Potatoes, new, lb.	
	Calif. Carrots, lb.	

	Culli. Cull Coll, 10.	.0.
_	Tomatoes, Hothouse, lb.	.4(
le	Cauliflower, each	.4
	Lettuce, each	.1
of	Celery, lb.	.03
n	Garlic, lb.	.71
1-	Radishes, bunch	.0
n	Cabbage, Ib	·U
d,	Parsmips, 4 lbs.	.2
-	Brussels Sprouts, lb.	.2.
_ 1	Sweet Potatoes, 2 lbs	.4
h	Sugar	
9-	1111100, 101	.09
ic	Golden Yellow, lb	.0
	Eggs	
d	Grade A:	
h	Large, cartoned, doz	.58
	Grade A, medium, doz	.5
or	Large, cartoned, doz	.4
1e	Grade A, medium, doz	.4:
1-	Flour	
be	Pastry Flour, 7 lbs.	.4
nt	Flour, 49's, No. 1 hard wheat1	.8
1e	Second Patent1	.8
ng	Flour, 24's	.9
	Milk	
e-	Evaporated Milk, 16-oz. tin .10	1/
to	Butter	
c-	The state of the s	.4
ve	Canadian Cheese	
r-	Bulk, medium, lb.	.41
d.	Lard	
	Dung 1h	.19
r-	Pure, lb	
	Halibut, lb.	.33
lar	Salmon lh	.3
Ty	Salmon, lb.	2

more important nutritionally	Salmon, Ib
an you might think, says the	Cod, 1b
	Black Cod, smoked, lb
trition division, and by that	Smoked Kippers, lb
ey mean not only eating at	Meat
gular itervals, but also making	Shank (hind quarter) .26 and .2
re you eat three different	Round Steak or Roast .44 and .4
als and not two of one plus a	Round Steak or Roast
ird.	(boneless)
	Minced Round Steak 46 and .
A survey conducted by the di-	Rump Roast
ion demonstrates the bad ef-	Sirloin Tip (boneless) .47 and .
ts on workers on night shifts	Cubed Sirloin Tip
eating two support and a	(boneless)
eating two suppers and a	Sirloin Steaks, Roasts .49 and .
nch. As a result they missed	
eir daily citrus fruit, cereal or	Sirloin Butts
gs and felt the bad effect.	(boneless)
and left the bad effect.	Flank Steak33 and
	Flank trimmed

Porterhouse Steak .55 and .48 or Roast DUBLIN (P)-A delegation rep- T-Bone Steak .55 and .48 or Roast ernment recently presented Wing Steak or Roast. .51 and .46 Prime Minister De Valera with Strip Loin (boneless) .60 and .56 .34 and .30 00,000 flower bulbs for Dublin Rib Roast, seven rib .48 and .43 This was in return for bones (boneless) 100d sent by the Eire govern- Prime Rib Roast, five .36 and .32 rib bones, whole... nent to Holland. Prime Rib Roast, five rib bones (boneless) .48 and .43 Rib Roast, outside .35 and .31 roll (boneless)

Wheat may be kept as long as .16 and .17 years and still make good .15 and .15 Plate Brisket Plate Brisket, rolled if it is properly stored. .25 and .25 (boneless) Rolled Shoulder .25 and .25 (boneless) Round Bone Shoulder .26 and .26 .31 and .29 Short Rib Roast Blade Roast

Hamburger

Tenderloin

(boneless)

.27 and .26 .29 and .29 Chuck Roast Chuck Roast .29 and .29 (boneless) .24 and .23 Shank, front quarter .13 and .13 Shank, knuckle end... . .10 and .09 .20 and .19 Shank centre cut .24 and .23 Shank (boneless) Stewing Meat .25 and .23 .75 and .75

.24 and .23

## Hot Off Grill - Hints for Kitchenette Meal Makers

1/4 teaspoon paprika

2 tablespoon milk

1 tablespoon fat

½ teaspoon spicy meat sauce

Cook onion and green pepper

Combine with cottage cheese,

pickle. Two to three servings.

Eggs Piquant

½ tablespoon chopped onion

Brown onion in fat. Add other

bringe to boiling point. Reduce

Cover pan and poach gently un-

utes. Serve on buttered toast.

Grill Scalloped Potatoes

2 medium potatoes, sliced

2 medium carrots, sliced

1/2 medium onion, sliced.

1/2 cup coarsely crumbled

½ tablespoon butter

½ cup grated cheese

1 teaspoon fat

1/4 teaspoon salt

Three servings.

½ cup water

½ cup milk

crackers

1/2 teaspoon salt

Dash of pepper

3/4 cup boiling water

1/8 teaspoon paprika

2 tablespoon chili sauce

the bacon fat until tender

The homes of the future may be run by pressing a button but many of us are still struggling A delightful tea and sale of with the make-shift kitchenettes home cooking was held yester- of present crowded living quarday by Cambrai Chapter, Im- ters. Frequent requests for help perial Order Daughters of the in planning main courses ar: Empire, at the home of Mrs. W. made. Many of these calls come from those who must cook on a The hostess assisted the regent, grill. Among the suggestions of- bread crumbs, seasonings and Mrs. Jens Munthe, in receiving fered to help add variety and milk. Mix thoroughly. Shape into chair. scope in grill cookery are:

1. Recipes which call for oven poaching, such as souffles and baked custards, may be cooked in the top of a double boiler. To save space, vegetables may be Brydges while those serving in- cooked, or pudding steamed at cluded Miss Vivien Wrathall, the same time in the boiling Mrs. N. McLeod, Mrs. C. Moore, water in the bottom of the

2. Scalloped dishes may be Acting as cashier was Mrs. C. given that "oven crisp" brown topping by sprinkling with The home cooking table was crumbs which have been first browned in a little not fat.

3. Quick meat stews may be made by browning ground meat in a little fat and then cooking with diced vegetables, tomato juice, canned tomatoes or condensed soup and desired season- hear and slip eggs into sauce. ings, until the vegetables are tender. This allows for quite a

The three tested recipes given below would add variety to any menu whether prepared in the most modern kitchen or a closet

#### Cottage Patties

1/4 Cup finely chopped onion 2 tablespoons chopped green pepper (optional)

I tablesoon bacon fat 1 cup cottage cheese-2 cups day-old whole wheat

bread crumbs ½ teaspoon salt RED CROSS CARRIES ON

Winding Up Wartime Work And Preparing for Peacetime

After six years of war work on which it has been officially congratulated by the provincial president, the Prince Rupert branch of the Canadian Red Cross Society is now preparing to continue activities on a peacetime basis. A meeting of the executive to lay plans for future work, a request having been received from provincial headquarters to carry on, was held on Wednesday afternoon with president Arnold Flaten in the

Mrs. R. M. Winslow reported flat patties. Dredge on all sides that work was still proceeding with flour. Brown quickly on both sides in hot fat. Serve with in the workroom and there was catsup, spicy meat sauce or a considerable quantity of wool on hand to be made up. It was decided to close the workroom Note: Cottage cheese varies in from December 1 until January consistency so if mixture is too 7, after which time a peacetime add additional bread program will be drawn up.

Mr. Flaten reported that all emergency Red Cross supplies had been returned to the provincial headquarters. A resolution of thanks was passed the provincial department of public works, Gordon's Hardware and the Masonic Hali Chatham. trustees for their valuable assistance in providing free storingredients, except eggs, and age space for these supplies while here.

A letter of thanks was read from the officer commanding, til whites are set, about 5 min- Prince Rupert Military Hospital, for the faithful services of the hospital visiting committee

ing point in a saucepan. Add salt, pepper, potatoes, carrots and onion; cover and cook over slow heat for about 15-20 minutes, or until vegetables are tender. Do not drain. Add butter, cheese and crumbled crackers; heat in covered saucepan until cheese melts. Stir gently once or twice. Browned crumbs may be sprinkled over potatoes before serving. Three Heat water and milk to boil- | servings.

# Rayon's Anniversary Recalls Fashion Revolt---20 Years Ago



When the waist fell to the hem! Twenty years ago flat, boyish lines were the vogue. The dress is a McCall pattern of 1925 in the lustrous viscose rayon crepe of that day.

Fashion has always been one of women's most trenchant weapons, and it has been said that new fashions in clothes are always a precursor of change in women's behavior.

silks and rayons in 1925 completely conquered the entire women's underwear world and the first viscose rayon yarn manufacturing plant in Canada was established at Cornwall, Ontario. was used solely in the manufac- | ture of the knitted rayon undies of the day.

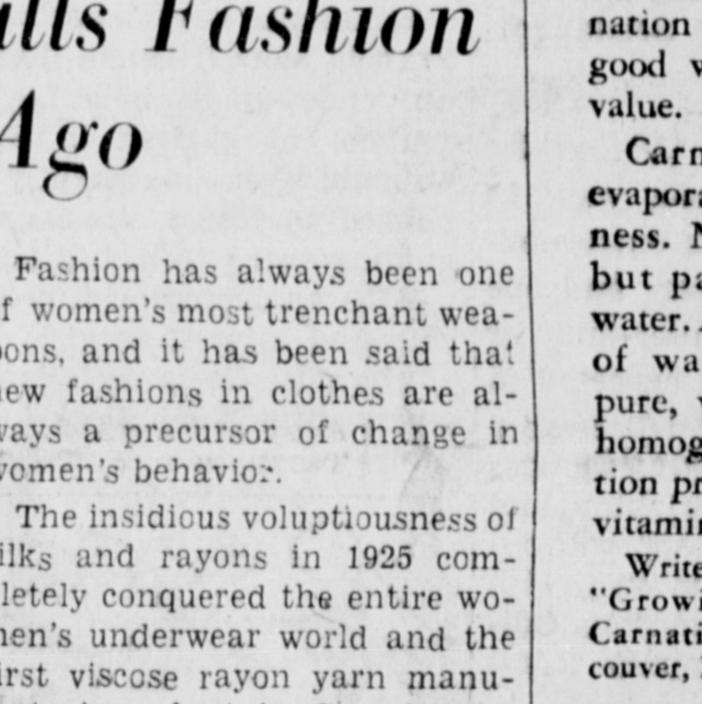
yeoman service in making possible a steady flow of fabrics for Canadian women—when other fabrics were unavailable or in short supply. In the peacetime period that is just beginning, man-made domestic rayon fabrics will provide glamorous rainment for Canadian women.

sole and bloomers—the lingerie of 1925.

Twenty years ago nighties fell full and "straight from the shoulder."

understandably.





The first rayon made in Canada Throughout the war rayon did

(Below, reading from left to right): Knitted rayon cami-

Daring girls wore teddies

and dispensed with a slip-

#### HOW CAN I??? By ANNE ASHLEY

Q. How can I keep metals

A. Metals will keep bright after polishing if a bit of flannel is moistened with paraffin oil and the surface rubbed thoroughly. This will keep the metal bright for a longer time.

Q. How can I make a starch

A. Borax water is an excellent substitute for starch when stiffening sheer collars or voiles. Use a solution of weak gum arabic for silks and crepes.

Q. How can I remove part of the egg yolk from the white when separating them?

A. If part of the yolk is dropped into the white, moisten a cloth with cold water, touch to the yolk and it will adhere to it.

while the military hospital was in operation. It was decided to carry on with the visiting of service personnel who may be hospitalized in the Prince Ru-

pert General Hospital. Treasurer Stan Saville reported receipts for October at \$13.50 and that a check for \$172.57 had just been received from the wardroom, H.M.C.S.



T isn't necessary for children to drink the quarta-day of milk that doctors recommend. They can eat part of it - and it's easy to put big helpings of milk in favorite dishes if you use Carnation, One cup of Carnation equals two cups of good whole milk in food

Carnation is just milk evaporated to double richness. Nothing taken out but part of the natural water. Add an equal amount of water, and you have pure, whole, safe milk \_\_\_\_ homogenized. And Carnation provides exra sunshine vitamin D.

Write for free book of recipes "Growing Up With Milk". Carnation Co. Limited, Vancouver, B.C.

#### VITAMIN D INCREASED Carnation A CANADIAN PRODUCT "from Contented Cows".

## If you buy your clothes from us.

BOYS' LONG PANTS-Cotton, worsted, wooli Well" made. Per pair

\$1.50 to \$4.25

BOYS' SWEATERS - Pull-Cotton and wool, and wool mixtures. Big selec-65c to \$2.50 CHILDREN'S LONG

STOCKINGS-Per pair BOYS' SUITS-Tweed long

pants, 4 to 10

BOYS' CHECK WIND-BREAKERS—Sizes 6 to 12. \$1.75

MEN'S PANTS-All kinds, for dress and work. Pair \$2.50 to \$5.50

MEN'S SHOES - In good \$5.00 assortment,

LADIES' HOUSE SLIPPERS Regular \$2.00, \$1.00

LADIES' STOCKINGS-

25c to 75c MEN'S HOUSE SLIPPERS -All sizes. Pair

BOYS' OXFORDS - Real good, strong with double soles, black and brown. Sizes 1 to 51/2, at, pair

\$1.50 to \$1.75

Third Avenue just West of Sixth Street

## Prince Rupert Daily Mews

#### Wm. H. FRANCKS

Optometrist OF VANCOUVER

#### Now In Prince Rupert

Mr. Francks, who is President of the Columbia Optical Co., 605 Dunsmuir Street, Vancouver, is visiting Prince Rupert and will be at the Prince Rupert Hotel until November 26. He has with him a complete Ophahalmic Diagnostic Unit and will examine eyes and prescribe lenses. if they are required. Mr. Francks will continue to give the service and advice which established so much confidence in him among Prince Rupert people during his visit last

APPOINTMENTS CAN BE MADE AT THE HOTEL.

# PERSONAL

25 for .....

12 for.

REDUCED PRICES \$1.00

WITH YOUR NAME AND ADDRESS

This offer available till November 23rd

noel

\$1.00

# Rae Bros. Ltd

#### STORAGE SPACE AVAILABLE

Storage — for a trunk, radio, cedar chest, piano, or the entire furnishings of your home - is convenient and inexpensive.

We own and operate the warehouse where your goods are stored.

For complete details about packing, crating, moving, storage and shipping, PHONE 60

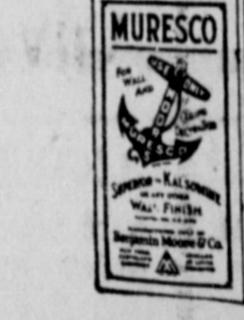
LINDSAY'S CARTAGE & STORAGE LTD.

Corner 2nd and Park Avenue

FRANK J. SKINNER Prince Rupert Agent Third Ave.

For Your Wall and Ceiling Decoration use . . .

Nuresco



SAILINGS FOR VANCOUVER

and Way Points

Tuesday—SS Catala, 1:30 p.m.

Friday—SS Cardena, 10 p.m.

Sailings for Queen Charlotte

Islands every fortnight

Midnight,

Further Information, Tickets

and Reservations

Phone 568

Oct. 12th, 14th, 26th and 28th

It can be applied over almost any surface including most wall papers. It is easy to apply, and the colors and rich flat finish are most pleasing.

It's economical too, for \$1.50 you can Muresco the average room!

Gordon's Hardware

McBride Street

Phone 775

Phone 311

Prince Rupert

# A. MacKenzie Furniture

"A GOOD PLACE TO BUY"

Buy this Christmas, gifts that last - there is not much better than a good bed that gives real sound refreshing sleep. Here are a few suggestions: Beautyrest Mattress, Deepsleep Mattress, Slumber King Mattress-all made by Simmons. Supreme Mattress, Rip-Van-Winkle Mattressmade by Restmore. A small deposit will hold them for you.

We have other gifts to choose from, suitable for your Home and Friends. Watch our window

you will not be disappointed. Outside Mail Orders are appreciated

327 Third Avenue

HAVE YOUR PHOTOGRAPH TAKEN-Five minutes from the time you pose until you have your picture. 21/2x21/2 inches-passport or identification size.

- 3 for 50¢ 25¢ 6th St., just north of 3rd Ave.