75c

- EEPING HOUSE IN

of General Interest

Where the Milk Goes uring the year Canada's milk juction is distributed as fol-

and condensed milk. 30-Day Guarantee

iling prices for used car. be charged only for recondiantee. Should the car be- for any number of dishes. e defective within the 30 days dealer must pay half the ir costs. A private individual ng a used car must deduct estimated cost of repairs the ceiling price and in no ent of the ceiling.

Chocolate Travels

nadian chocolate gets nd. Five ounces, in the form lid chocolate, go into every oner of war parcel. Chocolate purchased by NAAFI are over the counter at canteens ever Allied soldiers are ting. Millions of bars go to dian service men in Britain the western front through canteens operated by the Y. Salvation Army, the dian Legion War Services.

Lowest Index

king the first six months index stands at 117 in the tabulation. Which means with the exception of New and at 114, Canada's rise in is the smallest in the world

FF TO ICE HARVEST

CENA CROSSING, Feb. 12-Milton and Cecil Wright left for the ice harvest. will be at Pacific, Endako, nce George and McBride.

get results.

MACARONI AND ITS FAMILY IS A GOOD STARTER FOR THE SUPPER

Macaroni and cheese is a! "bread-and-butter" type of dish. : 48 percent into butter; 35 Nothing to get excited aboutent into plain fluid milk; 6 but satisfying and generally ent into evaporated milk; 10 pretty well liked. A good supper ent for cheese and about 1 stand-by when the menu-planent for ice cream, milk pow- ning imagination runs out.

But macaroni, its smaller relative spaghetti, and its cousins who belong to the smart set—the various forms of noodles—have ed machines sold by dealers other potentialities. In fact they given an implied 30-day can be made the starting point utes in a small amount of water

Clip these recipes from the Consumer Section of the Dominion Department of Agriculture and next time you find yourself filling in the blank space on your menu with macaroni and cheese can charge more than 90 substitute one of these instead. You'll be glad you did.

Sausage and Macaroni Loaf

- 1 cup uncooked macaroni
- broken in 1-inch lengths tablespoons mild-flavored
- 2 tablespoons flour 1 cup milk
- 11/2 cups grated Canadian
- 2 eggs
- Salt to taste

pound sausages Cook macaroni in boiling salt-

water until tender. Drain and rinse under cold water. Make a cream sauce by combining fat and flour, gradually adding milk and cooking until thickened. Remove from heat, add cheese and stir until well blended. Add slightly beaten eggs and macaroni. Salt to taste.

Brown sausages in a frying pan and arrange them along the sides and ends of a loaf pan. Fill centre with macaroni mixture and bake in a moderate oven, 250 degrees F., until loaf is set and sausages are done, about 40 minutes. Un-

Weiner-Spaghetti Casserole with Horseradish Sauce

11/2 cups uncooked spaghetti broken in 2-inch lengths

Feb. 13th is yo' Lucky Day fo' it's "PANCAKE DAY"

ENJOY DELICIOUS AUNT JEMIMA'S

SHROVE TUESDAY

and all through LENT!

Ma'am! For a delicious, satisfying in a jiffy, as easy as 1-2-3, Aunt Jemima's are so easy to digest every one in the family can enjoy them! And they're chock-full

12 weiners

- 11/2 cups medium cream sauce 2 tablespoons prepared horseradish
- 1 tablespoon vinegar
- 2 tablespoons chopped parsle ½ teaspoon dry mustard
- 1/4 teaspoon pepper

ed water until tender, 15 to 20 to dry in the sun. water. Parboil weiners for 5 min- handle of an umbrella? pepper and blend well. Add spa- into the hole. ghetti and turn into a greased baking dish.

Place weiners on top of spaghetti pressing them down into mixture. Bake in a moderate oven, 350 degrees F., for 20 to 25 minutes. Six servings.

Noodle Ring

- 2 tablespoons chopped onion 2 tablespoons chopped parsley 1½ cups medium cream sauce
- 3 cups cooked fine noodles Salt and pepper to taste

Beat eggs. Add onions, parsley and cream sauce. Combine with noodles, add salt and pepper to taste and mix well. Pour into greased individual ring moulds or one large ring mould. Set in a pan of hot water and ovenpoach in a moderately slow oven, 325 degrees F., until set, about 45 minutes. Unmould on serving plate and fill centre with green peas, corn, creamed meat, etc. Six servings.

Vanderhoof Red Cross Was Busy

mould on serving dish, Six serv- total of 77 boxes of civilian cloth \$4332 during the year.

HOW CAN I?? By ANNE ASHLEY

Q. How can I remodel a straw

the shape of a straw hat, pour Allan Gullekson, in Minnesota. boiling water over it, and while it is hot and pliable, reshape it with the hands. Take a bowl or vessel that will fit the crown and place the hat on this while work-Cook spaghetti in boiling salt- ing, also leaving it on the bowl

Q. How can I tighten the

A. If the umbrella handle bein a covered frying pan. Com- comes loose, fill the hole in the bine cream sauce, horseradish, handle with powdered resin, heat vinegar, parsley, mustard and the rod, and then press firmly

Q. How can I prevent the peeling of onions from affecting the tear ducts of the eyes?

A. By dipping the onions for moment in boiling water and then beginning at the root and for Canada and overseas, will peeling upwards.

Modern Etiquette BY ROBERTA LEE

Q. Is it considered good form to shake hands with gloves on? A. It is not correct to remove the glove before offering the hand, as this necessitates an awkward pause. Just shake hands and forget the glove.

Q. How should a man refer to his wife when among non-ini-

A. As "Mrs."

Funeral Thursday of Robert Cunningham

The funeral of the late Robert Cunningham, whose death occurred early last week, took every-day dishes. For meat pie place Thursday afternoon from use a biscuit dough topping cut the Grenville Court chapel of with a doughnut cutter. B.C. Undertakers to Fairview sprig of parsley in each hole Cemetery. Rev. A. F. MacSween after baking makes an attrac-VANDERHOOF, Feb. 12 - A officiated. The hymns were tive garnish . . . and of course "Abide With Me" and "Lead you'll eat the garnish. Carrot ing, comforts for the armed ser- Kindly Light." David Young, daisies are easy to make and vices and hospital supplies was N. McGlashan, Ross Hauser and look gay on a relish plate or shipped during the past year by Gunner Williamson were pall- salad. Using a sharp pointed the local Red Cross Society which bearers. Deceased is survived knife makes cuts 1/4-inch deep raised the substantial amount of by a widow, three daughters and about 1/4-inch apart down Legion Rooms, February 10. (34) and two sons.

ocal News Items...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

No. 27 Executive Meeting tonight | night on a trip to Vancouver. at 8 o'clock.

Mrs. Allan Gullekson, formerly Miss Mary Bill of this city, left Saturday night to spend a A. If it is desired to change furlough with her husband, Sgt.

> Donald Wanamaker left Saturday night for Vancouver where he will join the Army. Member of a well known local family, he has been a member of the local reserve unit.

Mr. and Mrs. George Wilson and family and H. Wilson of Cedarvale have arrived at Sunnyside Cannery to spend the rest of the winter. After the heavy snow and cold weather at Cedarvale, they found the clear ground and mildness at Sunnyside very agreeable.

John W. Beaton, senior secretary of Y.M.C.A. war services arrive in the city on tomorrow night's train from Toronto to attend the official opening of the new Y.M.C.A. war services building here. He will proceed Mr. Beaton has had extensive travels all over the world in connection with his duties.

The Experts Say ...

By the Canadian Press

GOOD LOOKIN' - "Food that looks better, tastes better," says Laura Pepper, chief of the Agricultural Department's Consumer Section, and she suggests these effective garnishes for the length of the carrot. Then slices and chill in ice water 13, 8:00 p.m. until they curl. Apple wedges Tea, Presbyterian Hall, Februmake a colorful garnish. Wash ary 14. and core a rosy apple, cut in in pickle vinegar. Use on a bringing baskets. relish tray or as a salad or cold United Church tea, Mrs. An-Luxe . . . wrap each burger in W., Feb. 15th. a slice of bacon and top with a pickled onion.

HOSE CARE: Daily dipping is a must if you want to make your precious rayon stockings last longer . . . and 48 hours is the minimum drying time for them to keep their elasticity. Rings on fingers and hangnails are snag points and the source of runs. When it comes to drying, the stocking should be rolled in a towel to remove excess moisture and then hung by toe and top to take the strain off the rayon. And paper is to stockings what moth balls are to wool and it doesn't hurt to keep them wrapped in tissue paper when they aren't being

PUMPKIN CUSTARD: Nearly everyone who is fond of pumpkin pie . . . and that means nearly everyone . . . will like this recipe for pumpkin custard which comes from the Agriculture Department's testing kitchen. Combine one cup canned pumpkin, 1/4 cup brown sugar, 1/4 teaspoon salt, 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg and ½ teaspoon ginger. Beat one cup of milk and combine the two mixtures. Pour into greased custard cups, set in a pan of hot water and overpoach in a moderately hot oven, one hour. Serve cold. This recipe makes six servings.

MEAL PLANNING: "For health, happiness and Canada's future, buy wisely . . . cook carefully . . . eat well" is the slogan of the Nutrition Division's new chart "Meal Planning for health." As an aid in buying foods with the highest nutritional value, this little wall chart is a treasure house of food information. Division into five major groups simplifies the task of choosing the foods which are needed every day for health. In each group is listed a large variety of foods, which are interchangeable, so that the individual preferences and family budgets can be considered. The Blue 69 chart, obtainable free from the Provincial Department of Health, is a guide for buying good nutrition.

Canadian Legion (B.E.S.L.), Mrs. A. Dowther left Saturday

Douglas Frizzell left Saturday night on a trip to Vancouver.

Mojor W. R. Ross left Saturday night on an official trip to Victoria.

Mrs. James Forman and small son were among those who left Saturday night on a trip to Van-

Mrs. Jessie Cunningham and young son, Robert, are leaving by tonight's train on their return to Prince George after having been here on account of the death and funeral of the late Robert Cunningham.

Card of Thanks

Mrs. Jessie Cunningham and family wish to express their appreciation to Prince Rupert friends for kindness and sympathy extended them in their recent beveavement through the death of husband and father. Special thanks are extended to Mrs. K. Monteith and daughter, Colleen, Mrs. James Kane, Corp. Thursday night to Vancouver. Percy Hudson, Mr. and Mrs. Gordon Ronson, Mrs. Mulroney and Leona Herman as well as to the pallbearers.



from developing Put a few drops of Va-tro-nol up each nostril at the very first sniffle or sneeze. Its quick action aids Nature's defenses against colds. Follow VICKS in folder. VA-TRO-NOL

Announcements

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

Junior War Workers Tea. C.W.L. Valentine Bridge, Whist cut crosswise in paper-thin and Cribbage, K. of C. Hut, Feb.

Basket Social. Wed., Feb. 14, wedges and let stand one hour Valhalla Hall, 8th East. Ladies

meat garnish. Hamburger de drew Thompson, 440 6th Ave. St. Valentine Dance, W.A. of

Machine Gun Regt., Armouries,

February 16. Sons of Norway, Valentine Dance, Oddfellows Hall, Feb-

C.C.F. Bridge Drive every Sat-

Anglican Tea, Mrs. C. C. Mills,

February 22. Orange Ladies' Sale. March 28. St. Peter's Sale, April 26.

Dance every Saturday night, Oddfeliows' Hall, 9 to 12.

"Build B.C. Payrolls"

What About Wartime



If some of you good cooks have recipes which meet wartime shortages we believe other women would be interested in trying

We shall be glad to pass them on here as a Pacific Milk contribution to other friends.

375 degrees fahrenheit, for about one hour. Serve cold. This PACIFIC MILK Irradiated and Vacuum Packed

The Seal of Quality

BRITISH COLUMBIA'S



FINEST SALMON



"I'M MAKING BELIEVE" by Hal McIntyre-Bluebird 30-0831

"SWEET DREAMS,

Fields—Bluebird 30-0833

HEART" by Shep

"TOGETHER" by Dinah Shore— Victor 20-1594

"JELLY-ROLL BLUES" 50c by Bunny Berrigan—

Victor 20-1502

Rae Bros. Ltd

Commission for Inquiry EDUCATIONAL FINANCE

NOTICE

Public hearing of this commission will be held as follows:

Prince Rupert—Council Chamber, City Hall

WEDNESDAY, FEB. 14, 2 P.M.

Organizations wishing to make representations to this commission are invited to attend the above meeting.

M. A. CAMERON, Commissioner.

COURT HOUSE, VANCOUVER, B.C.



IF YOU'RE LOOKING FOR ECONOMY ...

... here's the place to find it. For our prices are always right. Come in for your needs and browse around, for personal or household articles.

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THE VARIETY STORE

"Where Your Dimes Are Little Dollars"

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Courtesy and Service-Free Delivery-Red 441

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Prompt attention to outside orders

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INCOME TAX Returns Prepared—See

R. E. MORTIMER 324 2nd Ave. - Phone 88

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 657

now have a stock of good grade

IR, SPRUCE AND CEDAR

umber on hand

one 651 or 652 or particulars

LPOTT, EVITT CO. LTD.

GREEN SPOT

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The Queker Oats

Delmore Frozen Fruits and Raspberries, Strawberries, Sliced Peaches.

PHONE 343

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(Formerly L. D.) Completely Renovated and Redecorated

FULL MEALS, LUNCHES CHOW MEIN, CHOP SUEY

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

Carl Zarelli, Prop. FRASER STREET Prince Rupert

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