s necessary to all from threequarters to one pound per serv half, cutting down the back and ing of broiled or fried chicken breast bones. Wipe well with a For broiling, birds should weigh from 11/2 to 2 pounds, while a with melted fat and sprinkle fryer should be between 2 and 31/2 pounds. Birds over that weight are better roasted.

stringy, say the home econom oven door slightly ajar. ists of the Consumer Section.

what is better than tender suc- Dominion Department of Agri-

Their directions for broiled and fried chicken, if followed be available the year round they carefully, will produce perfect

Broiled Chicken

Choose birds weighing from Always in the luxury class, it 11/2 to 2 pounds. Draw, clean, singe and split the chickens in damp cloth, brush on both sides with salt and pepper. Pre-heat oven for 5 to 10 minutes. Place chicken, skin side up, on a Too high cooking temperature greased rack on the broiling pan can make even the youngest, and place pan 4 to 6 inches bemost tender chicken dry and low the heating unit, leaving

Sear, then turn and when

EXTRA GOOD BREAD!





And Fleischmann's fresh Yeast goes right to work because it's actively fresh. It gives full delicious bread flavour, tender smooth texture - perfect freshness. IF YOU BAKE AT HOME, always

ask for Fleischmann's active fresh Yeast with the familiar yellow label. Dependable-Canada's tested favourite for over 70 years.

Mways fresh-at your grocer's MADE IN CANADA



Streamline tailored slack-suits in cool durable fabrics. Tops for those periods of fun and relaxation. Sizes 10 to 20.

業 ANNETTE'S LADILO WEAR

"WE LEAD-OTHERS FOLLOW"

Prescriptions..

From Rupert's Tent Days we have striven to establish a record for Reliability, Accuracy and Fair Dealing in filling Physicians' prescriptions.

We believe that we have deserved the confidence that has been established with the Doctor and his patients. This has been brought about not in a few weeks or months but extends over a period of twenty years.

Ormes Ltd.
The Dioneer Druggists

THE REXALL STORE

Phones 81 and 82

FACT AND FALLACY

How up-to-date is your knowledge of nutrition? The answers you give to the true or false statements below will tell you when you have checked with the correct answers supplied by the Division of Nutrition, Ottawa.

Question 1. Canteloupe has no food value. It is just water and cellulose. True or False? .

Question 2. A hot dish should be served at each meal regardless of the state of the weather. True or false?

Question 3. Wheat Germ is not a daily necessity to ensure sufficient B vitamins. True or False?

Answers: 1. False. Canteloupe is an excellent source of vita-

min A and a good source of vitamin C. 2. False. A hot dish is not necessarily more nutritious than a cold dish. In winter the serving of one hot dish at each meal is recommended but when the mercury soars the main thing is to get the family to eat, and if they prefer an all-cold meal there is no reason why they should not have it.

3. True. If Canada's food rules are followed, the day's meals should provide sufficient B vitamins. If however whole grain cereal is omitted or less than four slices of Canada Approved bread are taken, the addition of two tablespoons of wheat germ is a safeguard to ensure sufficient vitamin B1 (thiamine).

The Experts Say - -

CANNING FRUIT

"An average of 40 quarts of fruit can be canned with 10 pounds of sugar," Laura C. Pepper, chief of the Agricultural Department's Consumer Section, said in urging home canners to use care to stretch this season's sugar allotment.

Coupons for the purchase of five pounds of canning sugar have already come due and Miss Pepper urged housewives to budget the use of this sugar now. and to stick to the plan so that the late fruits won't find them with their canning quota used

"Keep the canning sugar separate from the regular ration," she added. "Never, never borrow from this store, whatever the temptation. You'll be sorry

seared on the flesh side reduce heat and continue cooking, turning once or twice more and basting with the drippings or additional melted fat. Keep fresh side exposed to heat for the greatest part of the time, but for crisp skin have skin side exposed to heat during the last few minutes cooking. Allow 30 to 45 minutes total broiling time.

Fried Chicken

Choose chickens weighing down the centre using shears.

The following recipe gives a crusty, golden fried chicken with | Consumer Section, immediately a different flavor. The secret is came up with a new fashion ... in the generous use of paprika. | rhubarb and strawberries com-

directed

1 cup flour 1 tablespoon salt

1 teaspoon pepper 11/2 teaspoons paprika 2-3 cup fat

eight servings.

in September, if you do, and sorrier still next winter."

There is no reduction in the allowance of sugar for home tained at 10 pounds, the same strong'? as last year, obtainable with 20 extra preserves coupons, each good for a half pound of sugar -but sugar is in short supply, as has been shown by the recent reduction of the ration by two pounds and prospect of further reduction of five pounds later in the year.

"Sugar supplies are 1,254,000 pounds below the stated requirements of the United Nations," says the Consumer News, Prices Board publication - and that's a lot of sugar.

"The reduction will be shared by the civilian consumers, armed forces, all industries which and castile soap. Rinse in cold use sugar, and quota users such water. as restaurants and hotels.

"In addition to the two-pound reduction in the sugar ration announced earlier in the year, the Canadian consumer ration will be cut a further five pounds

FASHIONS IN FOOD

Fashions in food come and go -though not so fast as fash ions in dress-and at the Nutrition Council's meeting part of from 2 to 31/2 pounds. Draw, the discussion centred on this clean and singe. Remove drum- fact. Dr. Margaret Mead of the sticks, thighs and wings at the United States National Research joints, cutting off the wing tips. Council, suggested as part of Separate back from breast; re- campaign to help Canadians eat move wishbone" with attached even better than they are eatmeat, if desired, and cut breast ing now, the slogan "What the well-dressed woman will eat ...

"The Agriculture Department 2 chickens, 21/2-3 lbs., cut as bined in jam, desserts and other dishes. Their rhubarb and strawberry whip is a frozen dessert ideally suited to broiling days—and it takes only one half cup of sugar.

Wash, hull and cut up one cup Mix the dry ingredients of strawberries. Wash, cut in thoroughly and rub well into the half-inch pieces and measure surface of the chicken. Melt fat two cups rhubarb. Do not peel. in a heavy frying pan. Brown Cook strawberries and rhubarb Beat two egg whites with tor and freeze to a thick mush, makes six to eight servings.

Specializing in

Home Cooking — Anything from Steaks and

Home - made Chili - Con - Carni to Hot Dogs.

Also cater to Banquets, Weddings and Parties.

Open 4 p.m. to 2 a.m.

APPOINTMENTS AT LEAST ONE DAY IN ADVANCE

Timely Tips

Strawberry Red

The time of fresh ripe berries is also the time of fresh ripe berry stains. To remove the stains from washable cottons or linens try any one of the follow-

Stretch fabric over bowl and

Rinse well.

For silk, wool and colored casualty. dampened area with glycerine.

Undercover Activity

under control, slipcovers should furniture often in the summer- | Galt, Ont. time. After removing the slipcovers clean the chair thor- captain, Cmdr. Isabel Macneill, oughly and if moth larvae are McGill was a favorite with offifound at work the furniture cers and ratings alike," the trishould be fumigated or sprayed | bute says in part. "No job was heavily.

Better English By D. C. WILLIAMS

1. What is wrong with this sentence? "We must first see the manager before we do it."

2. What is the correct pronunciation of "Neptune"? 3. Which one of these words

is misspelled? Mistress, mattress, meaness. 4. What does the word "sub- EXPERTS OKAY ugated" mean? jugated" mean?

5. What is a word beginning WOMEN DRIVER with si that means "vigorous, WOMEN DRIVER canning—this is being main- with si that means "vigorous,

Answers

1. Omit first. 2. Pronounce last syllable tune, not choon. Meanness. 3. Conquered by force. "There stood the three subjugated and sullen prisoners.'

HOW CAN I??? By ANNE ASHLEY

Q. How can I remove black-

eral times a day with warm water

A. Try washing the face sev-

Q. How can I make the hotwater bottle last longer?

the steam is pressed out before Bureau. inserting the stopper, if it is never filled more than twothirds, and never with boiling water, and when not in use, the women drivers should be removbag is hung with opening down- ed.

it stand for two or three hours. make a holler they will agree to Shake occasionally and remove any substance that may rise to

Q. How can I make attractive

A. Try using vegetable colorings when making bread puding or custard. Lis harmless more timid than men, just about and will make the dish look driving though." more appetizing.

in this war, Mrs. Valerie McNair- refer him to the experts. Taylor has taken as her third husband Flt. Lt. Nevill Berryman. Her first two husbands were also flyers, one being killed in 1943 and the other in 1944.

chicken on both sides, using with one-half cup of water un- pinch of salt until stiff but not moderate heat. Reduce heat, til the fruit is tender, then rub dry. Turn the partially frozen cover pan and continue cooking through a sieve. Add one-half ice into a chilled bowl, beat unslowly until tender, about 20 to cup sugar and stir until dis- til very light and fold in the at one end of the table, the wo-25 minutes. Remove cover and solved. Cool and add two tea- beaten egg whites, combining man guest of honor at his right. cook 5 minutes longer to develop spoons of lemon juice. Turn thoroughly. Return to freezing a crisp crusty surface. Six to into freezing tray of refrigera- tray and freeze until firm. This

ROASTED IN THE WEST

FOR WESTERN USERS

Quality

Repairs

Economy

Prices

PRINCE RUPERT

SHOE REPAIR

3rd St. (Near the Post Office)

TINIEST WREN DIES OVERSEAS

Petite Montreal Girl is First Overseas Casualty for W.R.C.N.S.

death of their smallest messen- the Eden grounds of the Royal pour boiling water from a ger, tiny, four-foot-eight-inch Wren Margaret McGill, 33, of Moisten stain with lemon 384 Bourgeois St., Montreal, who Andrews, August 13 and 14. juice. Put in bright sunlight. has just died in Basingstoke Sprinkle powdered sodium Neurological Hospital, England, H. P. NICKLESON area and let stand an hour. the Women's Royal Canadian Naval Service's first overseas

fabrics, sponge the stain well A tribute to her, issued by died in Prince Rupert General with cool water, then saturate Wren headquarters, points out Hospital Tuesday night after a that this smallest Wren ever en- long illness. Retired from aclisted was known to nearly every live work, he had been in hos-To keep the moth situation girl in the service from her long pital since September, 1944. He period of service at H. M. C. S. was unmarried. be removed from upholstered Conestoga, Wren training ship at

"Especially prized by the ship's too unimportant to be handled at the funeral of a U.S. Army efficiently, and she worked on veteran of the last war who died the slightest assignments dilig- here last week and the service

"Drafted overseas in June. 1944, she went through the last year of London's scourge as a Biehl, former pack train operamessenger at the Canadian tor and mine worker at Stewart Naval Mission Overseas—a job and Pinchi Lake. The service requiring a strong back and un- was attended by a number of tiring attention to her work- old friends from this city and she is sorely missed.'

WINNIPEG, July 5 (P) --- Woman drivers are just as good as men—and more careful.

This was one of the observations made during the Safe Driving Contest in Winnipeg recently. The contest, an annual affair, is sponsored by 100 commercial firms, the Safety Bureau, Board of Trade and the Winnipeg Trib-

The traffic experts agree that when it comes to handling an automobile women are equally as good as men.

"There are just as many good women drivers in proportion to the number driving as there are good men drivers-maybe more." A. It will last twice as long if said G. P. Shearer of the Safety

> Constable Art Sutherland thinks the stigma attached to

"Women are just as good as Q. How can I make lime wat- men," he said. "Perhaps not quite as steady in a tight spot, but they A. Dissolve a fresh piece of don't argue like men do when me in two quarts of water. Let they get in a jam. Rather than anything in order to get awayabout the only time they don't like arguing," he added with a

> Inspector Capelle thinks wom en are careful drivers. "They are

So ladies, the next time you hear a man refer to "those darn LONDON. (P) - Widowed twice women drivers," don't be timid,

Modern Etiquette By ROBERTA LEE

Q. Where should the host and the woman guest of honor be seated at the dinner table?

A. The host should be seated Q. Is it good form to address a porter on a train by the customary name of "George?"

A. No. If you find it necessary te attract his attention by call-

Q. How should the word ding invitations? A. The old-fashioned spell- IN PRACTICAL TASTE . . .

The Quality Poffee" ing "honour" seems to be prefer-

INEXPENSIVE -- SURE TO BE GOOD

ENJOY MAKING IT easily in your refrigerator. Mix, whip and freeze wartime cream, evaporated milk or even milk, sugar.

ANY FLAVOR end follow one of the 20 famous recipes in each 15c package of Londonderry

Ask your grocer for Londonderry—
if he does not have it, send us \$1.00 and you'll get seven packages, plus twenty famous recipes. Postpaid Londonderry of Canada 524 Dom Square Building, Montreal, P. Q.

J. M. S. LOUBSER D.C., B.A.

CHIROPRACTOR Wallace Block Phone 640

Prince Rupert, B.C. THE DAILY NEWS Thursday, July 5, 1945 Overseas Golf

I ournament Set LONDON, July 5 (P-Plans are now complete for the R.C.A.F OTTAWA, July 5 (P) - Cana- overseas golf championship. dian Wrens are mourning the is scheduled to be played over and Ancient Golf Club of St.

PASSES AWAY

Hans Peter Nickleson, age

SOLDIERS ACT AS PALLBEARERS

Members of the United States Army here acted as pallbearers was led by Captain W. D. Rowlands, U. S. Army chaplain.

The funeral was that of Chas.

ville Court chapel and interment | miles, making it the longest pipetook place in Fairview cemetery. | ilne in the world.

NORWEGIANS THINK ABOUT VISITS HOME

PAGE FIVE

Now that their homeland has been liberated, many local Norwegians are promising themselves trips there as soon as circumstance will permit. The fact that communications with relatives and friends from whom they have been cut off for half a decade are being re-established makes them all the keener to get home. Local steamship agencies are already receiving inquiries but companies are not in a position yet to commit themselves to reservations owing to the shipping situation. As long as the war with Japan goes on, it is quite probable that there will be little in the way of regular steamship service across the Atlantic.

Many Veterans Are At Summer School

VANCOUVER, July 5 ()-More than 700 school teachers, including 250 former servicemen, attended the opening on Tuesday at the University of British Columbia of a six-weeks summer school session.

LONGEST PIPELINE The new Calcutta - Kunming The service was held in Gren- pipeline runs a distance of 1,750



Now's the Time for Cherry Treats

Enjoy this easy one soon!

CHERRY ALL-BRAN MUFFINS

1/4 cup shortening 1 teaspoon salt 1 tablespoon 1/3 cup sugar

baking powder 13/4 cups sifted flour 1/2 cup Kellogg's All-Bran 3/4 cup milk 1 cup chopped sweet cherries

Blend shortening and sugar together well. Add egg; beat well. Sift together flour, salt and baking powder; add All-Bran. Add the first mixture alternately with milk. Fold in cher-

ries. Fill greased muffin pans two-

thirds full; bake in moderately hot

oven (400° F.) about 25 minutes. 10 medium size muffins. NOW, while cherries are at their

ripest, sweetest, best, bring on a

plate of hot cherry All-Bran muffins.

You'll love their soft, light All-Bran

texture and the mellow, nutty All-

Bran flavour that is so heavenly

perfect with the tangy-sweet cherries. Clip the recipe and get Kellogg's All-Bran at your grocer's today. 2 convenient sizes.

Helps keep you regular naturally. Helloggs All-Bran

A. MacKenzie Furniture

Limited "A GOOD PLACE TO BUY"

CHAIRS FOR YOUR DAILY USE AND TO ADD TO YOUR COMFORT Deck Chairs and Reclining Chairs in contrasting colors

Awning Material Pull-up Chairs — Coxswell Reclining Chairs — Parlour Chairs — Bodoir Chairs — Chesterfield Chairs — Rocker Chairs — Baby High Chairs — Kitchen Chairs. These chairs are now in stock, covered in

different materials and all vary in colors. Phone 775 327 Third Avenue, Prince Rupert

for the JULY BRIDE



KITCHENWARE

ENAMELWARE

LINENS

Requirements

THE VARIETY STORE

"Where Your Dimes Are Little Dollars"