amily more bread these days-at meals, eals. Bread is an essential quick energy d source of Vitamin B-a good stretcher ods. And low in cost! If you bake at nber-Fleischmann's fresh Yeast always smooth, just-right bread. This dependhas been Canada's favorite for over 70 your grocer for Fleischmann's fresh the familiar yellow label.

PLEMENT YOUR DIET by eating 2 cakes of SCHMANN'S fresh Yeast every day. This fresh st is an excellent natural source of the important emplex Vitamins.

dits ««

avourites Now Available In SHEET MUSIC "Saturday Night"

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JACKETS ... for Spring

with flap pockets. ~

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ive us your order before 12 o'clock noon during your delivery day.

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NOTHER SLICE! Local News Items ...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

on a business trip.

Mrs. H. M. Foote and daug-

ter, Irene, returned Monday from a week's visit to Vancouver. Mr. and Mrs. Don Walker of

Alert Bay arrived in the city on the Princess Adelaide Monday. Mr. Walker is manager of B.C. Packers cannery at Alert Bay.

▲ Liberal Committee Rooms, 3rd Ave. and 1st. St., will be open daily from 10 a.m. till 9 p.m. Phone 635 and 636. Come in and sec that you're on the voters list

Mrs. H. B. Stevens of West T. Applewhaite. Vancouver arrived in the city Monday and is the guest at the home of her son and daughterin-law, Constable and Mrs Stevens, Overlook Street.

Princess Adelaide yesterday from ferred to the Junior Chamber. a business trip to Vancouver, where he went following the conference of the Associated Boards of Trade of Northern B.C. which he attended two weeks ago.

daughter, left Tuesday-for Van- supplies may be needed for over- representations at last night' conver to spend holidays.

As sauce is to the goose, so

gravy is to the roast or chops.

Sauce or gravy may be just the

right finishing touch to a main

course, and good cooks excel

in the art of making it. Here

are a few pointers which will

help would-be good gravy mak-

For a peppy horseradish gravy

with pot roast, spread 1/2 cup

h seradish over the pot roast

in cold water, using sour cream

With roast pork make gravy

With a beef rib roast, add

dash of mustard and 1/4 tea-

sroon curry powder to the gravy.

To serve with lamb patties

or hamburg steak a tomato

gravy is good. Use tomato juice

Pasic Gravy Directions

Pour off excess fat leaving

cup in pan in which meat has

been cooked. Add an equal

amount of flour and blend well.

Allow 2 tablespoons each of

Cook over low heat, stirring

Spaghetti Sauce

flour and fat to 1 cup liquid.

thickened. Season to taste.

flavors thoroughly.

finely chopped

green pepper, chopped

1 clove garlic, chopped

cup brown gravy

tomato juice

3/4 teaspoon salt

1/4 teaspoon cloves

1/4 teaspoon nutmeg

or milk as the liquid.

with sage.

as the liquid.

gradually.

before cooking.

Col. J. W. Nicholls arrived in Frank Warne, assistant superthe city Monday from Vancouver visor of fisheries here, was last night elected to membership in the Prince Rupert Chamber of Commerce.

> daily and every evening. Open Chamber of Commerce. discussions invited. Everybody

George L. Rorie last night at sumed his duties as secretary of concern was received at Commerce to which he was recently appointed succeeding E.

Correspondence from a national organization in Montreal on the subject of "Get Out the Vote" was read at last night's meeting of the Prince Rupert J. J. Little returned on the Chamber of Commerce and re-

> manager of the Borden Co. for seas relief.

F. H. Semmens, district sales

Pamphlets on a variety of subjects of current interest were referred to at last night's meeting of the Prince Rupert Chamber of Commerce. They are in the hands of the secretary for reference of the members.

Acknowledgement of the Canadian Chamber of Commerce representations made for presentation to the recent royal com-A PROGRESSIVE CONSERVA- mission on taxation of co-opera-TIVE HEADQUARTERS, Stone tives was received at last night's Block, next to Boston Cafe, open meeting of the Prince Rupert

A communication from an aircraft insurance concern seeking further information in rethe regular monthly meeting as- gard to a proposed local air line the Prince Rupert Chamber of night's meeting of the Prince bage, K.O.C. Hut, May 16, 8 ver. Rupert Chamber of Commerce.

> Mrs. Jack Watson, formerly of this city and now living in Vancouver, is here for a month's visit with her son-in-law and daughter, Mr. and Mrs. William McLeod. Mrs. Watson will return to Vancouver early next month, accompanied by Mrs. McLeod.

Immediate action was obtain-Western Canada with headquar- ed in the granting of a federal ters in Vancouver, left Saturday permit for W. F. Stone to rebuild night on his return to Vancouver his business block on Third Ave. after a few days in the city on at Fifth St. recently when the R. C. Stover, former purser of business. There has been no Frince Rupert Chamber of Comthe ss. Camosun, is now acting government interference as yet merce asked the controller of tessen. Prince Rupert agent for Union in connection with restriction of building to expedite the permit. Steamships, relieving F. J. Skin-domestic supplies of canned milk Mr. Stone acknowledged the efner who with Mrs. Skinner and although it is possible further fectiveness of the Chamber's monthly meeting.

Sgt. K. J. McGovern, who has Prince Rupert, B.C. been in charge of the army recruiting station at Prince Rurecruiting station will now be formerly of Prince George. Sgt Smith will be in charge of recruiting for this area and Prince down the line at intervals.

Announcements

Hill 60 Tea, I.O.D.E. Hall, May

Technocracy Inc. Dance every equipment.

Quintette Orchestra.

Oddfellows' Hall, 8:15 p.m.

864. Mickleburgh Campaign successful in passing his arts Headquarters.

Association dance, May 24, Staff Dining Hall. Close the holiday wood of the Army educational by dancing from 9 till 1. Music office here will be the speaker by the Americans.

Hospital Tea, Nurses' Home,

C.W.L. whist, bridge and crib-

Dance every Saturday night,

Help Norway Program, May 17, ter completing their year's

fellows' Hall. Refreshments.

June 11.

vancouver and left last night Is Best Sea Cadets with Mrs. McGovern. The local Corps In Province in charge of Sgt. D. C. Smith, Navy League branch was de-

Saturday night, I.O.D.E. Hall 9

L.O.B.A. Dance, June 1, Odd-

Dry Dock Employees' Welfare

ford Moore's, 440 6th Ave. West. Gyro Club. His subject will be Specialty, homecooking, delica-

Election of Major Harvey, Progressive-Conservative candidate,

HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I keep oilcloth on

the kitchen table without tacking

A. Instead of tacking, use or-

dinary flour paste. It will last

much longer. If the table is

square, use brass ends for the

corners. They are attractive, in-

expensive and will last for an in-

O. How can I make salt pour

A. Try putting one or two;

small jacks which the children

play with in each salt shaker.

The prongs keep the salt stirred

Q. How can I polish silver?

equal parts of whiting, ammonia

and alcohol. Apply with a flannel,

allow to dry, and then polish with

A. For polishing silver, mix

during damp weather.

easily during damp weather?

definite period.

tissue paper.

Tuesday, May 15, 1945 Election of officers of the local

THE DAILY NEWS

ferred from last night's annual general meeting. Reports were received showing that the past George and will travel up and year had been an abundantly successful one for the local Sea Cadets Corps which has strength of 144 boys and is rated as the best in British Columbia for proficiency and

> Mrs. Clarke McLean left this afternoon on a trip to Vancou-

Harry Lee and Jones Lee, two Oddfellows Hall, 9 to 12. Swing well known local Chinese youths, returned to the city Monday afcourses at the University of British Columbia. Harry Lee completed his year's course in Full voting information. Phone arts and science and Jone was

Staff Sergeant William Shertomorrow at the regular weekly United Tea, June 2, Mrs. Craw- luncheon of the Prince Rupert "Present Day Europe." Staff Sergeant Sherwood in civilian life is a school principal in Oshawa, Ontario.

Relieve RHEUMATIC Pain

Ache all over? Stiff and sore in joints and muscles? Get quick relief with Templeton's T-R-C's, a proven remedy gratefully used by thousands. Put your trust in T-R-C's, specially made to relieve Rheumatic Pain and Stiffness. Let them help you find the fast relief you want. Get a hox today-50c. \$1-at druggists everywhere. T-27



BULGER'S

PAGE FIVE



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NATIONAL MONUMENTS for this district.

Here to serve the public YORK

Building, Materials, Estimates

General Building

Nothing too big or too small PHONE BLACK 884

For a spicy gravy, rub the pot roast with powdered ginger and thicken the liquid to make

How the young men go for plaids! Full cut, well tailored

and Boys' Wear Third Ave., next to Orme's

Repairs to all Automotive and Marine

Forest King Power Saw Diesel Engines rd Batteries

SPRING CLEANING TIME!

WARNISH for your wood work and e varnish that will not turn white.

1/8 teaspoon sage 1 bay leaf 11/2 cups ground cooked meat tailored to measure. 2 tablespoons chopped olives

(optional) 1/4 cup grated cheddar cheese

Melt fat in sauce pan, add the celery, onion, green pepper, parsley and garlic. Cook 5 minutes phone invitation to dinner, what or until browned. Then add should one say? gravy, tomatoes, salt, cloves, nut- A. "Is this Mrs. Smith? This size, color and maturity. "Stan- Pour part of cheese sauce into meg, sage and bay leaf. Con- is Mrs. Wilson speaking. Will you dard" grade fruits and vege- an oval oblong casserole. Cover tinue cooking slowly for 11/2 dine with us Wednesday, at sev- tables are excellent in dishes with a layer of asparagus and hours until sauce is thick and en o'clock?" well blended. Add the ground Q. When is the proper time meat and olives and cook for for a bride-to-be to acknowledge 30 minutes longer. Just before a wedding gift? serving blend in the cheese and A. The preferred time is to serve over spaghetti. Six serv- mail a note of thanks on the very

To Meat Course, Is An Art Cooking time: 20 minutes. Tomoerature, 375 degrees. lime y Tips

KEEPING HOUSE IN WARTIME

Good Gravy, Finishing Touch

Calcium and Protein From a wash-day view. Milk contains calcium and protein and if table linen that has milk spilled on it is just bundled into the clothes hamper and then ater popped into hot wash water, undesirable things happen. The calcium forms an insoluble

curd with the soap, the protein Jaguates in the hot water and result is a stain that's there gravy. This gravy is a parto stay. Home economists tell us ticularly good meat stretcher to get right after the milk spot: with cornbread or hot biscuits. and rinse the fabric in cold To serve with a veal roast, water until the milk is washe

out. Then launder as usual. gravy by adding flour smothered Two B's If linens are wearing thin and electrical appliances getting uncertain, the best of timely tips from the drippings and season is. "Buy a Bond." It will stake you to some new supplies when

the war is over.

Easy Washing When vegetables come in all uddy from the garden, a wire dish rack is a practical aid in washing them. Invert the dish rack in the sink, spread the vegetables on top of it and spray

the water around and over them Of General Interest

Sugar For Service People On application to their unit in Add cool or lukewarm liquid May, service people living on subsistence will be issued couconstantly until smooth and pons which will entitle them

purchase sugar for canning. Apply For Increase A very delicious spaghetti If expenditure for improvesauce may be made from left- ments amounts to not less than over cooked meat and gravy. 10 percent of the assessed value The secret of making a good of the accommodation, then paghetti sauce lies in long slow landlord is entitled to apply cooking, to blend the different the rentals appraiser to increase the rent. He is not permitted

2 tablespoons mild - flavored however, to increase the rent without permission. Summer Renters stalk celery with leave, City dwellers, who plan to live 1 large onion, fined chopped in the country for the summer months, can rent their town tablespoon chopped parsley houses on a term-certain lease moreon the house on the day the

cups canned tomatoes OR lease expires. Suits Assured

At the time of discharge every demobilized man or woman will be issued a certificate which wil entitle him to buy either one ready-to-wear suit or a suit

Modern Etiquette By ROBERTA LEE

Q. When extending a tele-

day the gift is received.

Home Recipe

DOUGHNUTS (Makes 3 dozen)

2 eggs 1 cup sugar

4 tablespoons melted short 3 curs flour 1 cup pancake flour

1/2 teaspoon salt 3 teaspoons baking powder 1/4 teaspoon nutmeg

1/. teacroon cinnamon 1 cup milk Beat eggs and sugar together Add cooled shortening. Sift flon" reactre and resift with other dry ingredients. Add alternately with milk. Roll on lightly floured board to 1/4 inch in thickness and cut with doughnut cutter. Fry in deep hot fat (375 degrees F.)

Drain on absorbed paper. NEWER METHODS

POPULAR DRINK The old method of engraving The use of caffeine-containing beverage is widespread throughglass by means of a diamond in new seldom used. out the world.

LOST VITAMINS-Many vita- ing milk and milk produce, mins get lost between garden reach Canadian homes in a and table but it is cheering to fresher condition than they ever know that not all of them are have before. When it comes to easily destroyed, Grace Duggan, milk and milk products, keep chief nutritionist of the Health in mind the three C's: Keep

Department states. The B vitamins belong among the hardier types, she pointed out. Meat is an excellent source of the B vitamins and proper cooking does not destroy them to any extent.

Research shows that when cooked by dry heat methodsreasting, broiling and frying more of these vitamins are retained than if the meat is cooked by moist heat methods such as braising and stewing. How- store cheese near the milk or ever, a large percentage of the butter . . . this applies to all B vitamins are found in the strongly-flavored foods. If milk drippings and can be salvaged has been in a pitcher for some

Retention of thiamin varies may hasten souring the rest of from 65 to 90 percent depend- the milk. ing on the method of cooking, Removing butter from the refor five months or less, and re- while that of riboflavin and frigerator half an hour before niacin varies from 90 to 100 it is needed will make it soft

> GETTING FOOD QUALITY-Familiarity with grades is the DELICIOUS ASPARAGUS consumer's assurance of getting RECIPE Tender green asparathe quality of food desired, says gus is a treat at any time but the Agricultural Department's is practically irresistible at this Consumer Section. Especially in season of the year. This asparabuying canned fruits and vege- gus and egg scallop makes a tables one can depend on the delicious supper dish. In the qualities: fancy, choice or stan- recipe, one pound of asparagus

percent.

"Fancy" grade quarantees uni- hard-cooked eggs, and one formity of size and maturity tablespoon of grated cheese. and extra good color. "Choice" Wash asparagus and cook in allows for slight variation in salted, boiling water. Drain. where uniformity of size and top with remaining sauce. Slice color are not essential.

to modern method of sanitation, side the eggs. Sprinkle with speed of handling and trans- cheese and cook in a moderate portation, many foods, includ- oven, 20 to 30 minutes.

The Experts Say - them clean . . . cool . . . covered.

> Here are the rules: For milk and butter, wipe the bottle with a clean, damp cloth, and make sure that the cap is n place. Remove brown paper wrapping from butter before storing in a covered container. Store both milk and butter in the coolest spot in the refrigerator or cold storage.

Keep cheese wrapped in heavy wax paper or in a cloth wrung out of diluted vinegar. Do not by serving in sauce, gravy and time at room temperature, returning it to the bottled milk

> to spread more easily . . . makes! it go farther, too.

eggs and arrange down the centre of the casserole and ar-GOOD SANITATION—Thanks range remaining asparagus be-

(about 25 medium stalks), three

(Annette Powell) 4th St. (across from

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