

**BIG MAJORITY  
FOR LIBERAL,  
SAYS HANSON**

SMITHERS, May 26 — Olof Hanson arrived back in Smithers Wednesday after an extended trip through the coastal part of Skeena riding with the Liberal candidate, E. T. Applewhite. He reports that everything looks very favorable for the Liberal party throughout the riding and that the Liberal should receive a very substantial majority in the coming election. The first Liberal meeting in Smithers will be held on Wednesday next when J. W. Heffernan K.C. will speak in support of the Liberal candidate.

**NEED TEXTILE WORKERS**

EDINBURGH, 0 — Capt. C. Waterhouse, secretary to the Board of Trade, said that unless thousands of workers are transferred from war industry to textile work during the next few weeks there will be no clothing ration when new coupons are issued.

Advertise in the Daily News.

**BROAD YOUTH PLAN**  
(Continued from Page 1)

Funds, it was indicated, would be provided partly by public subscription, partly by provincial grant and partly by a city grant.

"We must have immediate action, even if it is only temporary," was a delegate's opinion which was generally agreed to. "We can take more lasting steps as we go along."

Not one of the 20-odd delegates showed signs of discomfort when Mr. Mathison brought up the subject of payment of an instructor.

"If you want a good instructor you will have to pay a good salary to keep him. There are several outstanding men in this field who will be coming out of the Air Force shortly. They are highly qualified and keen about their profession."

T. Norton Youngs, who called the conference as chairman of the Civic Centre Association, indicated that steps would be taken to call an organizational meeting of the proposed recreation council shortly.

**Of General Interest****No Loss Here**

Housewives who exchanged preserves coupons for vouchers with which to purchase maple syrup, and then were unable to get the syrup, may change their vouchers back into preserves coupons at any Local Ration Board.

**Menus Get O. K.**

Individuals going into the restaurant business for the first time must submit a price list of all table d'hôte meals and a la carte dishes for approval by the Prices Board. Prices must be approved for additions which are made to the menu from time to time.

**Agreement Necessary**

Landladies may make use of their boarder's extra preserves coupons for the purchase of canned sugar only through private agreement with the boarders.

Belgium's area is 11,750 square miles.

**KEEPING HOUSE IN WARTIME****TRY THESE SPINACH RECIPES  
BUT AVOID PECK OF DIRT**

If we really have to eat a "peck of dirt," let's not have it in our greens. It is the sand, not the spinach itself, that is all too often responsible for the dislike many people feel for greens.

For grit-free greens use plenty of water, change several times and have it slightly warm. Most important—lift the greens from the water. Unless you do that the grit which sinks to the bottom of the pan will go right back to where it came from.

There is usually enough water clinging to the leaves after washing to prevent scorching in cooking. If water must be added use a minimum amount. Add salt and cook tightly covered over medium heat for 5 minutes. Drain thoroughly, season and serve at once.

**Spinach with Tomatoes**

2 pounds spinach (4 quarts)  
1 cup well-drained canned tomatoes  
2 tablespoons minced onion  
1 teaspoon salt  
¼ teaspoon pepper

Wash spinach carefully and remove coarse stems. Arrange in large baking dish. Combine tomatoes with remaining ingredients and pour over spinach. Cover and bake in a moderately hot oven, 375 degrees F., until spinach is tender, about 20 minutes. Six servings.

**Souffle of Greens**

3 tablespoons flour  
3 tablespoons mild-flavored fat  
¾ teaspoon salt  
Dash of pepper  
1½ tablespoon chopped onion  
1 cup hot milk  
3 cups cooked beet tops or other greens (approximately 2 lbs.)  
3 egg yolks  
3 egg whites

Blend fat and flour in top of double boiler. Add salt, pepper and onion, then add hot milk slowly. Stir until thick and smooth; then add greens and when hot pour over the well beaten egg yolks. Fold in stiffly beaten whites and turn into a greased baking dish. Set in a pan of hot water and oven-poach in a moderate oven, 350 degrees F. for 50 minutes or until set. Six servings.

**Wilted Spinach or Lettuce**

1½ lbs. spinach or lettuce (3 quarts)  
2 tablespoons bacon fat  
4 weiners cut in thin slices  
½ cup vinegar  
1½ teaspoons sugar  
¾ cup chopped onion

**The Experts Say - -**

**WHEAT GERM PASTRY**—Try a wheat germ pastry for your next pie. This special pastry is good and it's good for you. The recipe is supplied as part of a campaign for better desserts.

Mix and sift 2-3 cups sifted all-purpose flour or three cups sifted pastry flour and one teaspoon salt, then add ½ cup of wheat germ and combine. Cut in one cup mild-flavored fat with knives or pastry blender, then add sufficient ice water (about 1-3 to ½ cups) to make a stiff dough. Divide into three parts, turn out separately on lightly floured board and roll out to fit pie plate. Bake shell in a hot oven, 400 degrees F., until light brown, about 10-12 minutes. This quantity makes one double crust and one single crust pie, nine-inch size.

To add wheat germ to any favorite pastry recipe, replace ¼ to ½ cup of flour with an equal amount of wheat germ. Add 1½ tablespoons extra water for each ¼ cup of wheat germ used.

However, a good pastry is only a start toward a good pie, and Miss Pepper offers these suggestions for "sure success" fillings:

First choice is fruit, fresh or canned, and at the present time rhubarb holds the spotlight for color and flavor. But fruit pies tend to be juicy and make the lower crust a soggy, doughy mass. When using canned fruit, drain off the juice, sweeten if necessary and thicken. Then add fruit and turn into an unbaked pie shell, adjust slashed top crust and bake in a hot oven, 400 degrees F., for 30 to 35 minutes. When using raw fruits, brush surface of under crust with fat or slightly beaten egg white, add cornstarch in the proportion of one teaspoon to one cup of sugar, and after the first 10 minutes of baking at 425 degrees F., reduce oven temperature to 375 degrees F. for the remainder of the cooking time.

For cream pie fillings, such as banana creams, butterscotch and that prime favorite, lemon, it is most important that the consistency of the filling is just right. Use a good recipe and measure all ingredients carefully—standard level measurements. For best results spread meringue over hot filling, and leaving top heat off, bake in a moderately slow oven, 325 degrees F., for 15 minutes.

**Rhubarb Good**

Good to look at and good to eat—that's rhubarb, the tangy, colorful plant which everyone likes and which now is in season.

But this is not the whole story about rhubarb. It has a real place in healthful eating since it can be counted as one of the necessary daily two servings of fruit, says the Nutrition Division. It also contains a little vitamin C, thus supplementing the amount supplied by the morning glass of orange juice.

To protect and retain the elusive vitamin C, give the rhubarb minimum cooking time in a tightly covered container, with very little water.

In reducing the sugar ration by five pounds per person per year, Canadian civilians will drop one sugar coupon in June, July, August, October and December.

**EXAMINATIONS  
FOR DRIVERS TO  
BE HELD HERE**

For the purpose of conducting drivers' examinations for civilians and a number of military personnel, a provincial motor-vehicle travelling unit will be in Prince Rupert from July 10 to July 14 and from July 16 to July 18, it is announced by Ernest Gammon, inspector commanding, provincial police. The unit will be at Terrace on July 7 and July 20.

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**Timely Tips****Kettle on the Boil?**

Steaming is an easy home treatment to brighten the future prospects of those scuffed-looking suede shoes. Brush the shoes thoroughly to remove all the dust and then steam over the tea kettle for a few minutes—an efficient face-lifter.

**Crisp and Fresh**

It is a waste to have good rolls end up as dried bread crumbs! When there are stale rolls in the house freshen them up this way: Turn on the cold water tap, dash each roll through the stream of water and pop them into a moderately hot oven.

**VOTERS!**

Ask Your  
C.C.F. Candidates  
This One Question:

"Are You or Are You  
Not Committed to State  
Socialism for Canada?"

And don't let them evade that question! Insist on a direct "Yes" or "No" answer. If the answer is "No", then they are either misinformed or they are deliberately misrepresenting the facts—because

Every C.C.F. candidate must support the party program or be expelled (as has already been done) and the basic plank of the C.C.F. platform is State Socialism.

In case you doubt that statement, here are the exact words taken from the C.C.F. official "Manifesto":

"No C.C.F. Government Will  
Rest Content Until It Has  
Eradicated Capitalism and Put  
Into Operation the Full Program  
of Socialistic Planning..."

There you have it. So, whether they admit it or not, every C.C.F. candidate is committed to complete State Socialism, and State Socialism spells slavery—social and economic slavery—under an Absolute dictatorship!

Hence, even though a C.C.F. candidate be your minister, or your son's teacher, or a member of the Armed Forces, or a personal friend, you simply cannot vote for him (or her) unless you want to forfeit the freedom which our boys have fought so desperately to preserve.

**WARNING!**

Strong efforts will be made to keep you from heeding these messages. You will be told that these advertisements are the voice of the "vested interests"; that the Public Informational Association is sponsored and controlled by "Big Business"—that B. A. Trestrail is the "mouthpiece of Capitalism". Such statements are not merely false but are designed solely to divert you from the ISSUE of State Socialism.

We have received dozens of letters from boys overseas, from farmers, women, workers and others, urging that the people be told the truth about State Socialism—before it is too late. That is the sole purpose of this association. Having told our story we will abide by the verdict of the Voters.

**\$5,000.00  
In Cash Prizes**

To encourage Canadians to post themselves on the subject of State Socialism, we are conducting a "quiz" contest open to all Canadian voters. 235 separate cash prizes totaling \$5,000.00, ranging from \$1,000.00 to \$5.00, will be awarded to readers of the booklet "Social Suicide". To get a free copy of this booklet, with full details of the \$5,000 Quiz Contest, simply send your name and address to Public Informational Association, P.O. Box 178, Toronto. Also send the name and addresses of boys or girls in the Armed Forces to whom you would like us to send free copies of the booklet, thereby enabling them to get the story of State Socialism, and also to enter the contest. These booklets will be sent without cost or obligation.

**PUBLIC INFORMATIONAL ASSOCIATION**  
P.O. BOX 178 - TORONTO, ONT  
B. A. TRESTRAIL - National Director

There's still plenty  
of gum for our  
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Because the total supply of certain pre-war quality materials has been used up, and cannot be replenished now, **WRIGLEY'S** famous **SPEARMINT, DOUBLEMINT, and "JUICY FRUIT"** Chewing Gum can no longer be made.

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