BOMBED-OUT AREAS STILL NEEDING HELP

Vernon Whitworth, provincial Grand Master of the Oddfellows' gineer, showed films at the con- Season well, use milk or tomato Lodge, speaking at a banquet of clusion of the program. the Prince Rupert branch in the Commodore Cafe last night, sug- worth paid an official visit to gested that the Lodge continue the local lodge. to send contributions of money and clothing to bombed-out areas of England.

Mr. Whitworth, who recently flew up to Dawson City to visit the lodge's branch there, also paratus. spoke of the organization's war effort and cited the record of the Rebekah Lodge in Vancouver which has undertaken to veterans in that city.

puty grand master, introduced high blood pressure.

speakers were Mayor H. M. Daggett, Mrs. Horace Tattersall, Mrs. Alex Barbe and L. C. Eby.

about 50 persons, including a go twice as far by adding breadgood representation of the Re- crumbs as a stretcher. They can bekah Lodge.

M. J. Harper, city sanitary en-

After the panguet Mr. Whit-

I, first British post-war airliner a sad sight when a five-pound wood ; Miss Irene Washburn, make the most of the meat ra- en egg whites. Turn into a greasto take the air, is equipped with roast comes out of the oven Port Simpson; Major and Mrs. tion. complete radar and radio ap- weighing less than four pounds, A. L. Stovik, Seattle; V. C. John-

FOUND IN TOBACCO

Rutin, a new rare drug found supply wheel chairs for disabled in tobacco, is effective in treating a condition called capillary | meat. William Davidson, district de- fragility, which is associated with

To Our Patrons . . .

In order that our equipment may be taken south for repairs, this shop will close on Thursday, August 16th and will re-open on Monday, September 10th, 1945.

We hope to give you better service upon our return.

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\$4.95

CHENILLE HOUSECOATS

Regular Values to \$10.95

Sale Price

CHILDREN'S HOUSECOATS

Sizes 2 to 6 Years—Regular to \$5.95

Clearing Out, at \$2.95

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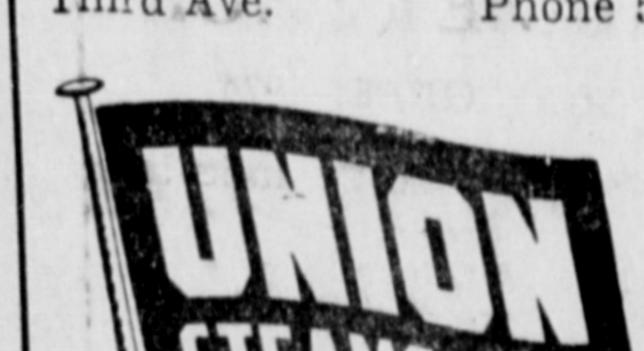
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A baby needs a mother's love, but this is not enough to help baby develop. Baby needs your wise and careful selection of the best toiletries used on his tender little body. In making your purchases here, you are always assured of the best. NOTHING BUT THE BEST FOR BABY

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THE REXALL STORE

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Do It With Breadcrumbs

"Twice as far? Yes, twice as far." Ground meat for patties The banquet was attended by and meat loaves can be made to be beat! Use soft stale crumbs -cup for cup with the meat. juice for moistening. No one but you will know they're there.

To Stretch-Don't Shrink shrink in the oven if you want and Mrs. F. W. Schmidt, Prince LONDON (The Avro Tudor to stretch your meat ration. It's Rupert; A. L. Burrack, Holly- meat have been streamlined to cool, then fold in the stiffly beatwhen the oven is too hot. An Terrace; R. H. B. French, Vandegrees F. and 350 degrees F. Terrace. keeps shrinkage at a minimum and gives juicier, more tender

Good Gravy!

The housewife's best friend when it comes to making the most of the meat ration is really supply of potatoes, test one to good gravy—brown and richly see its quality. Cut into halves flavored. It works magic with and then press together, and if dishes that may be innocent of juicy enough to stick together any meat at all or contain only the potato is good and can be the last fragments of the Sunday | bought in quantity. roast. So make lots of gravy and store it in a cold place where cleaned? it will keep for days.

and freedom from lumps, add the will shine like new. dry flour to the fat and cook add liquid.

"M" Coupons for Meat Purchases | color." The brown "M" coupons in Ra-

tion Book No. 5 will be used for remain valid until declared in-

be obtained in your butcher less days."

Prince Rupert

Inspector G. L. Greenwood, Prince George; Judge E. E. chu, Alta; Mr. and Mrs. A. Eltz, Shirley; W. Murray, Vancouver; D. Porter, Ottawa; Mr. and Mrs. given below. J. W. Schroeder, Smithers; Mrs.

By ANNE ASHLEY

Q. How can I test potatoes? A. Before buying the winter's

Q. How should faucets be

A. Try using lemon rinds, af-To get all the meat flavor, ter squeezing out the juice, for always make the gravy in the polithing nickel fautets. Rub MOVIE THRILLS pan which cooked the meat. To thoroughly, then wash and polish get natural browness, best flavor with a dry cloth. The faucets

slowly until a rich brown. Then | flavor to home-made ice cream? A. Home-made ice cream will be delicious if peppermint sticks Of General Interest are broken up and used as flavoring. It will also have a pretty

Beef-brain, head, tail, blood, for sister, too. Meat Coupon Value Charts | tripe. Calf-brain, head. Pork- | As a matter of fact, wild, on a hot platter and fill centre





"The Champagne of Ginger Ales"

The World's Largest-selling Club Soda

Variation on an Old Theme

Macaroni Mould

cups cooked macaroni

1 tablespoon finely chopped

teaspoon chopped onion

tablespoons fat, melted

Spotlight on Tomatoes

As mint sauce is to lamb, so are

Fish Piquant

Clean and bone a whole fish or

use fillets of haddock, cod, white-

on a greased baking pan, cut

Six Servings Per Pound

Agriculture help eave meat cou-

pons for an occasional splurge.

Rolled Steaks

11/2 cups bread dressing

2 medium onions, sliced

1/4 cup flour

2 tablespoons fat

salt and pepper

1 cup boiling water

1 lb. round steak, 1/4 inch thick

Cut meat into strips, about 21/2

inches by 3 inches. Place a por-

From Far-off Hungary

An old Hungarian recipe pro-

Veal Goulash

2 tablespoons flour

11/2 cups sliced onions

teaspoon salt

3 tablespoons fat

Dash of pepper

11/2 pounds veal steak, 1/2 inch

It is real meat stretching when

1 cup soft bread crumbs

1 cup cheese, diced

½ teaspoon salt

Dash of pepper

old favorites in new ways.

1 cup milk

1 egg

Unusual and Unusually Good Fawley, Peachland; A. Bugnello, Vancouver; W. H. Garrick, Tro-

Don't let the Sunday roast M. Bassetti Ketchikan; Capt. a touch of the unusual, and are mixture into beaten egg yolks, also unusually good. Those with add corn and mix well. Allow to

For a meatless day dinner that water and oven-poach in a modyet that's just what does happen son, Ketchikan; G. L. Brooks, is sure to make a hit with the erate oven, 350 degrees F., until family, we suggest Corn and set, about 50 minutes. Six serveven temperature between 325 couver; Lt. and Mrs. J. R. Seaton, Cheese Souffle, baked potatoes ings. and a generous salad of garden vegetables. For dessert how about HOW CAN I??? peach shortcake or deep-dish to the imagination of all prepargreen apple pie? Sounds good, doesn't it?

Corn and Cheese Souffle

3 tablespoons fat

4 tablespoons flour 1 teaspoon salt Few grains pepper 1 cup milk

1 cup grated cheese

4 egg yolks 1 cup cooked corn 4 egg whites

will shine like new. Q. How can I give a different FOR CHILDREN

Pychologists Say Chillers and Crime Films Harmless Unless Something Wrong with Johnny

NEW YORK, Aug. 29 (P) -Don't lose any sleep worrying about the nightmares little well beaten egg and remaining shop. Take one home and keep Johnny might have after seeing ingredients. Turn into a greased meat rationing. One coupon will it handy for reference before the latest chiller-diller movie. ring mould, set in a pan of hot become valid each week and will each meat shopping expedition. If he's a nromal child, Johnny water and oven-poach in a mod-Unrationed Meats | won't have any. And that goes | erate oven, 350 degrees F., until

Meat coupon value charts will brain, head, tail, pigsfeet, spare woolly westerns and spinechil- of ring with cooked vegetables; prominently displayed in ribs. Lamb-brain, head, tail, lers are good outlets for a child's spinach, green beans or a combutcher shops to help consumers fries. Poultry, game, fish (canned normal aggressive intincts, and bination of carrots and peas ar save time in making purchases. or fresh). With the exception of much better than having him good. Six servings. A quick calculator table also will poultry, game and fish none of punch the kid next door in the make it easy to figure out the the above items may be served nose. That's the consensus token values. These charts may in public eating places on "meat- among a group of child authorities and psychologists, who be- tomatoes to fish. The color and lieve the average child can see tang of tomatoes seems to emalmost any kind of movie pro- phasize and complement the deduced today without harmful ef- licacy of fish. In this recipe from fects. If there are bad effects, the Dominion Department of brighten any meatless meal. which needs mending.

Movies are made for an average audience—child and adult alike— the authorities point out, and generalizations can apply only to an average child. The fish or trout. Place the fish flat normal youngster craves exciteside up if a whole fish is used. ment and motion, and fastshooting films, westerns and Season lightly with salt, sprinkle even horror pictures are a good surface with lemon juice and add vicarious outlet for this craving | milk to surround but not cover

the fish. Chop a tomato and a "Of course, if a very excitable green pepper (if liked) and add child sees a very exciting picture, he will grow very excited," enough soft bread crumbs to make a moist dressing. Season with salt, a little poultry dressing and a few chopped celery Study Association. "That goes leaves. Spread dressing over fish for books and radio programs well, but the entertainment and bake in a very hot oven, 450 degrees F., allowing 10 minutes medium is never casual — its per inch thickness of the fish. ymptomatic."

Sprinkle with chopped parsley "I never saw a delinquent afbefore serving. fected by anything but himself innately," says Dr. A. A. Brill, child psychiartrist. "Any child who goes wrong does so because one pound of meat serves five or of his contitutional make-up or six people as it does in the relack of home life. Movies can't cipe below. Recipes like this one make a child inherently bad if from the Consumer Section of he's not bad to start with." the Dominion Department of

Therefore, there's no reason to fret that a couple of gangster films will turn your child into a pint-size Dillinger. "We imitate only what we are interested in doing," points out Dr. Frederick M. Thrasher, professor of education at New York University, who cites the example of a newsreel shot of a diving champion. Most people in the audience just watched the diving exhibit and enjoyed it, but one diving enthusiast went and practiced until he had perfected a tion of dressing on each strip. similar leap into the water.

roll up and tie. Dredge rolls in It's important for children to flour and brown in hot fat. Push have a well-balanced movie diet, to one side of the pan, add onions just like a well-balanced food and brown lightly. Add boiling diet, Mrs. Gruenberg believes, water, season, cover closely and so that he does not see only simmer slowly until meat is tenwesterns, or only horror films, der, about one hour. To serve. or only sophisticated love stories, remove strings from meat rolls. which might give him a wrong arrange on bed of cooked macaconception of what real life is roni, spaghetti or noodles. Thin like. Against a secure, well gravy if necessary and pour over rounded home life, and other meat. Five to six servings. diversions in addition to movies, most children can select and enjoy the current movie fare, safeguarded as it is by the movie vided the home economists of industry's production code. the Dominion Department of

Mrs. Gruenberg says movies Agriculture with the inspiration should not be a child's only form for this very tasty dish. of entertainment, but that it is up to the community and to the parent to provide other recreation too.

WHITBY, Eng. (P) - Many skate, ling and cod landed here had machine-gun bullet clips embedded in their jaws.

1/2 cup chili sauce

11/2 cups boiling water 1/2 cup grated cheese.

Cut steak into 6 pieces. Dredge onions in hot fat. Add chili sauce, Main dish recipes as up-to- Melt fat, add flour, salt and boiling water and grated cheese Dr. D. F. Kidd, Vancouver; W. date as the daily newspaper are pepper. Add milk gradually, stir- Bring to boiling point, cover and ring until thick. Add cheese simmer slowly until meat is ten-The meatless recipes all have and stir until cheese melts. Stir der, about 1 hour. Six servings.

Lamb Stew, New Style

The home economists of the Mix flour, salt and pepper and Dominion Department of Agri- roll meat in the mixture. Brown culture are always on the look- the onion lightly in fat in heavy out for interesting recipes from skillet. Add meat and any flour ed casserole. Set in a pan of hot other lands, adaptable to Cana- which has not clung to the meat, dian tastes without drastic brown well. Add boiling water, changes. Lamb stew tastes like cover closely and simmer about a different dish altogether when 45 minutes. Add beans, cook 10 made in the South African way. minutes longer then add pota-Meatless days offer a challenge The amount of meat called for toes and continue cooking until comes well within the family's meat and vegetables are tender. ers of food. A challenge to use weekly meat coupon budget.

South African Stew

- 1½ lbs. stewing lamb
 - (boneless)
- 3 tablespoons flour teaspoon salt
- Dash of pepper
- 2 onions, sliced thin
- 2 tablespoons fat
- 4 cups boiling water 3 cups green beans
- 6 medium potatoes, cut in half

Cut meat into 1 inch pieces.

Six servings.





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fects. If there are bad effects, the Dominion Department of there's something wrong in the child's make-up or background usual use in a dish which will brighten any meatless made.

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