A request by Victory Shows of Edmonton to play in Prince Rupert from September 1 to 8 was granted by council providing the Canada are collecting money day and be subject to regulations to the liberated countries, but

set by Police Sgt. O. L. Hall. Council last night authorized National War Services. the finance committee to meet with the executive of the local branch of the Canadian Legion to discuss the Legion's offer to able for pots and pans than purchase the lot adjoining the there has been for some little Legion building.

authorizing the sale of city-improve within the next few owned lots to Math and Emma months. Norgaard and Eldor Anderson were given by City Council last On 10-day leaves, the longnight. The bylaw authorizes the leave ration card of any service purchase by Mr. and Mrs. Nor- man or service woman will congaard of lots 17 and 18, block tain coupons for a full two weeks 12, section 7 for \$250 and the ration. Each butter coupon on a sale of lot 22, block 8, section long-leave card may be used to son for \$1710.

FIRST SCRORITY The first letter sorority, Kappa Alpha Theta, was founded at De Pauw University in 1870.

much more general.

State."

And now, listen for a moment to

John Bracken, the forthright leader of

the Progressive Conservative Party:-

"The State here in Canada, unlike in

Germany, is the servant of the people,

not its master. Finance, and economic

mechanisms associated with it, must

likewise be regarded as the servants, not

the masters, of our economy. The under-

writing of prosperity AND social

security is a proper function of the

social security are linked together.

We are determined that Social

Security shall no longer be regarded as

a charity but as what it is—a social

obligation and national responsibility of

the very first magnitude and import-

ance. Social Security must grow with

prosperity-because the degree to which

social services may be provided is deter-

mined by the size of the national income.

We are pledged to maintain that income

at a high prosperous level. It is against

this background of plenty for all, that

the Progressive Conservatives see

### Of General Interest

Watch For Label

From now on virtually every type of men's women's and children's clothing must be labelled in such a way that the manufacture can be identified, regardless of when the clothes were manufactured. The label, which must be attached to the garment when make it easier to investigate in cases of suspected degradation.

#### Strict Co-ordination

War charity funds throughout only under the supervision of

### Good News, Girls

More aluminum is now availtime, and it is expected the sup-Three readings of a bylaw ply available in retail stores will

#### Liberal Rations

and buildings to Mr. Ander- purchase one-half pound of but-

Are you entertaining out-oftown house guests? You will be sauce. Six servings. doing them an honor by having us publish a personal note about their visit.

Real Social Security

Rationed Scarcity?

To the political and economic reactionary, Social Security is something to

be used as a bribe to win votes - a sop to soothe unrest. Social makeshifts

of that kind are actually offered to-day as political substitutes for sound,

To the State Socialist, on the other The Progressive Conservative Party

hand, Social Security is a bookish theory is pledged to provide, without delay, a

seeking to prove that poverty would be uniform and comprehensive social

much more endurable if only it were security programme for all Canadians,

including:

coverage.

VExtended unemployment insurance

VAdequate payments for the mainten-

ance of unemployables.

VChildren's allowances.

VMaternity benefits.

VWidows' benefits.

for all Canadians.

Canadians.

scarcity.

WIN WITH BRACKEN

Vote for Your

Notice how closely prosperity and VIncreased old age pensions at age 65.

VRetirement pensions.

VAccident and sickness benefits.

VIncreased pensions for the blind.

Where any of these social services

are administered provincially, we shall

provide grants large enough to ensure

adequate standards of social security

Compare this positive and complete

programme with the make-shift ex-

pedients of other parties. No other

party can equal or even approach John

Bracken's guarantee of security for all

It's rational security-NOT rationed

economic planning for the post-war reconstruction of Canada.

### Collectors' Items That Are Easy To Make and Good to Eat

Career woman, bride-to-be or 40 years-married every homemaker at heart loves to collect recipes. Judging by the number it reaches the customer, will of repeat requests received for them, today's recipes are among the most popular ever issued by the Consumer Section, Dominion Department of Agriculture. So, brides, get out your scissors! Reproprietor pay a licence of \$100 a now some clothing for shipment cipes for dishes easy to make, as good to eat, don't come your way every day.

2 teaspoons baking powder

2 cups rhubarb cut in 1-inch

3/4 cup boiling water

Mix and sift flour, baking powder, sugar and salt, add milk and combine. Place rhubarb in a greased baking dish and spread batter over it. Dissolve brown sugar in boiling water, pour over batter. Bake in moderately hot oven, 375 degrees F., for 30 minutes. This pudding requires no

> Crinkles 2 cup mild-flavored fat

1/4 cup white sugar

1/4 teaspoon salt 1 cup rolled oats 1/4 cup warm water

2 teaspoon baking soda 1/4 teaspoon vanilla

11/2 cups cooked, diced potatoes 1 cup cooked, diced carrots 1 cup chopped raw celery

2 tablespoons butter 2 cups canned tomatoes

1/2 teaspoon salt

have or not have those elusive elements. Here are a few do's and don'ts which apply to fruits and vegetables whether they are fresh from the garden or fresh from the market. Dont crush, bruise or soak. Keep cold until ready to cook or eat. Serve as soon as possible after preparation. Vitamin C is allergic to air. That means that the larger the surface exposed to the air, the more quickly vitamin C is destroyed. Save it by making raw salads and cole slaws at the last minute. If cooking, make the time as short as possible, keep tightly covered and use a mini mum of water. One last don't: If you're using frozen vegetables do not thaw them before cooking.

SANDWICHES-For a meal at hints for successful sandwich attacks. making. Use sufficient filling to one slice. Cream a small portion Germans scurried away. of butter and add to the sand-

Savory Sandwich Fillings-Combine 11/2 cups minced, cooked roast beef, corned beef or tongue, one cup grated, mild-flavored cheese, 1/2 cup skeet pickle (chopped), one teaspoon grated onion, 1/2 cup salad dressing and ½ teaspoon salt. Blend together lightly. This makes three cups o

GREENS-If your family is "greens shy," nibbling the white ends of spring onions and disdaining the tender green tips, BL don't be upset. Cut off the green tips and set them aside to be chopped up later to season pot- drug store and apply gently with wet, he ato, tomato or cabbage salad. disappear by this safe simple method.

## Timely Tips

#### Kitchen Garden

Don't throw out that cooking onion that is starting to sprout smart move for mothers to and get soft. Put it in a jar or search out and develop homedish with a little water and making talents in their children. watch the sprouts turn green. No matter how small the job, These sprouts are handy for the trick lies in careful teaching seasoning salads, soup or vege- as a profession so that there tables and give a fine flavor. is pride in accomplishment.

#### Glossy Finish

Cream fat and sugars thor- Soap should not be used for

#### Indispensable Salt

emergencies. If a teacup is quer, told an all-party deputastained, dampen it, rub with salt tion of women members of parand the stain disappears; if the liament that the present civil hot water bottle leaks, fill it service practice of dismissing with hot salt and get good women on marriage will be reheat; if food is spilled and burns considered immediately.

on the stove, smother the smoke with a small amount of salt. (Warning-salt must not get into the unit of an electric stove).

#### Capabilities

In these busy days it is

LONDON, (P -- Mr. and Mrs. Warwick Fedden are living almost directly over a big German bomb. It was dropped one night in 1940 but failed to explode, was covered with 16 feet of concrete and declared safe.

LONDON. (P-Sir John Ander-. . . and usually at hand for son, chancellor of the exche-

### Nutrition Quiz

Here is a true-false quiz from the Division of Nutrition, Ottawa. Correct answers follow, but test your knowledge

Question 1.-Milk should be kept in a dark place. True or false?

Question 2 .- One half-cup of tomato juice at breakfast supplies the day's requirements of vitamin C. True or

#### Correct answers:

· 1. True. If exposed to direct sunlight, up to 66% of the B-vitamin, riboflavin, is destroyed in 2 hours.

2.—False. Tomato juice is only about half as rich in vitamin C as citrus fruits. Therefore, when serving tomato juice for breakfast, make sure that other foods high in vitamin C are included in the diet the same day. Cabbage salad or greens, preferably raw, are excellent supple-

#### DARROW GOMEZ (Continued from Page 1)

They located an enemy SP that was pinning down an entire company of infantry. Although the company commander was killed at his side and his own driver severely wounded, Gomez fearlessly advanced his SP to a suitable position. His own gun was hit twice by enemy fire but Gomez, laying the gun himself, destroyed the SP with one round.

Shortly after that a strong home, in the lunch box or in the enemy patrol attacked an inpicnic basket-play an important fantry company headquarters. role. They are equally suitable as With his gun exposed and at very a main course, cold with gar- short range, Gomez mounted nishes or hot with gravy or sauce. his SP and manned the machine But certain rules always apply: | gun. He killed one German, sevsandwiches should be well seas- en others surrendered and the oned, flavorful and decorative, remainder retired, enabling the The home economists of the Agri- infantrymen despite heavy casuculture Department Consumer alties, to hold the vital area in Section gave me these helpful the face of spirited counter-

About a week later while in make sure that sandwiches are support of 7 C.I.B. between Gortasty and wrap them carefully to sell and Deventer, Jig Troop sixretain freshness. If they have to pounders, commanded by Ligut be made ahead of time, wrap R. F. Howsam, Toronto, and with them and place them in a loosely Sgt. Herb Ruddock, St. Stephen. covered container in the refrig- N.B., as troop sergeant, engaged erator. To stretch the butter sup- the enemy firing from a group of ply, butter only one slice of bread farm buildings across the Ijssel and put a soft, moist filling on They poured six rounds of armor the other. When mayonnaise is piercing and 12 rounds of H.E. used, use it instead of butter on setting the building on fire. The

The troop saw another gun firwich filling, then blend. When ing some 1,400 yards away. It using this filling do not butter was a French tank, hull down and only the turret exposed. As Warmer days mean more pic- the range was too great for a sixnic lunches and here is a filling pounder, Major W. K. Love, St. recommended for such outdoor stephen, B.B., battery commandmeals. It will keep for several er, summoned Gomez and his days if it is kept covered and SP's. Thirty-one rounds were fired and the tank left burning.

The 105th is an SP battery and whenever there's a particularly tough task to be carried out it's a better than even bet that Gomez and his gun crew will draw the assignment.

They will add color and a delicate flavor closely resembling that of chives. Finely enopped green onion ends added to fluffy mashed potatoes give a new twist to an old standby.





Perfect mates! Lovely soli- \$67.50 taire and wedding ring. Value \$67.50





A Bridal Wreath Classic 1 \$47.50 Distinguished beauty.

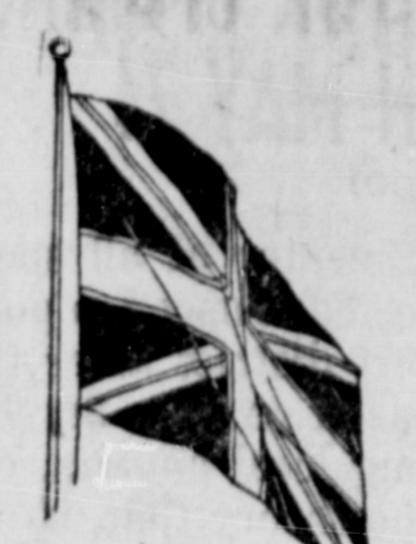
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PHONE 21

We can say this in three words . . .





PHONES

NORTHERN AND CENTRAL BRITISH COLUMBIA'S N.

Published by the Progressive Conservative -arty, Ostowa.

# 1/4 cup brown sugar

### Hurry Up Rhubarb Pudding 1 cup sifted all-purpose flour

2 teaspoons sugar 1/8 teaspoon salt 2-3 cup milk

pieces 2-3 cup brown sugar

1 cup all-purpose flour or sifted pastry flour

1 cup plus 2 tablespoons

oughly. Mix flour, salt and rolled washing enamel paint-it dulis wats, and add alternately with the gloss. Instead, use clear hot water in which the soda has been water, to which one teaspoon of dissolved. Add vanila, drop from washing soda has been added for teaspoon on to a cookie sheet every gallon of water. and flatten with fork. Bake in a moderate oven, 350 degrees F. for 10 to 12 minutes. Yield: 2 dozen cookies.

# Topsy-Turvy Casserole

1/4 cup chopped raw onion 11/2 cups ground cooked meat

Mix ingredients together and turn them into a greased baking dish. Bake in a moderately hot oven, 375 degrees F., for 30 minutes. Six servings.

### he Experts Say ...

First aid for vitamins-how to

the bread.

Clean-up campaign.

# OF PRINCE RUPERT

Arrangements are being made whereby rubbish, refuse and waste materials will be picked up and removed by the City, provided it is piled adjascent to the road. Collections will commence on Friday, May 25th in Section 2, and will proceed throughout the City until the work is completed. All citizens are hereby requested to co-operate in this

NOTICE RE CLEAN-UP WEEK

H. M. DAGGETT, Mayor.

Prince Rupert

Social Security.

PROGRESSIVE CONSERVATIVE CANDIDATE