

WHISTLING IS OUT
Sailors never whistle aboard ship, not because of superstition but because the sound might be confused with a bosun's pipe, the engineroom telephone or the telltale squeal of an improperly lubricated piece of machinery.

GREAT TRAVELLER
The turnstone is one of the greatest wanderers of all shore birds.

SARDINE FISHERIES
Chief sardine fisheries of the world are the Mediterranean coasts, the Bay of Biscay and the coast of Maine.



Weekly Ration for a family of four

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
Roast Beef with Yorkshire Pudding	Cold Roast Beef	Macaroni Scallop	Lamb Pot Pie	Liver or Kidney Sauté	Fish Dish	Baked Sausages
Group B	left-over roast	unrationed	Group D	unrationed	unrationed	Group D
4 lbs. 2 coupons 5 tokens			2 lbs. 6 tokens			1 lb. 3 tokens

2 tokens left over.

Meat rationing need not deprive the beef lovers of an occasional juicy roast. The coupon budget of a family of four can allow a four-pound rolled rib roast, complemented with a good Yorkshire pudding and horseradish sauce, to be the highlight of Sunday dinner. And with no undue restraint it should provide Monday's meal as well as some luncheon fixings. A macaroni scallop-alternate layers of cooked macaroni, sliced hard cooked eggs, a colorful vegetable such as green beans, and a well-seasoned cream sauce—is an attractive and satisfying dish for meatless eating on Tuesday. Wednesday's lamb stew wearing a jaunty topping of biscuit rounds is a six-token bargain. Liver or kidney sauté for Thursday will give your family a nutritional boost at no ration expense. By Friday the eating cycle revolves to fish. Sausages which link well with sweet potatoes and beets, all of which can be oven-baked, make an easy meal for Saturday. Lightly fried bologna slices are a tasty-egg accompaniment now that the usual bacon and ham are doing a big job where most needed, and you may like to devote one or two of your remaining tokens thusly.

ORIGIN OF XMAS SEAL

TORONTO, (C)—History books cite the names of countless persons who have benefited humanity. Yet few people know of Einar Holboell, Danish postal clerk and originator of the Christmas seal.

He was only one of thousands who delivered mail that winter of 1903. The sufferings of tuberculous children on Copenhagen's streets moved him first to compassion, then into action. The long-term result—today's red seal campaign to fight tuberculosis.

Stamps constantly passed through Holboell's hands, and to him came this thought: Why not add one more penny stamp to the thousands of Christmas letters, a levy on healthy senders, to help alleviate T.B. suffering?

The enthusiasm of his fellow workers caused him to present his plan to the King and Queen of Denmark, who paved the way for the first sale of tuberculosis Christmas seals in December, 1904. The proceeds established two hospitals for tuberculous children.

Einar Holboell's idea took root. In 1907, an American woman, attracted by the Danish Christmas seals appearing on mail to Americans, brought the seal plan to the United States.

Sir William Gage, president of the National Sanitarium Association, introduced the plan to Canada in 1908 to help maintain Canada's first two hospitals for tuberculosis at Muskoka, Ontario, and a third at Weston, Ontario.

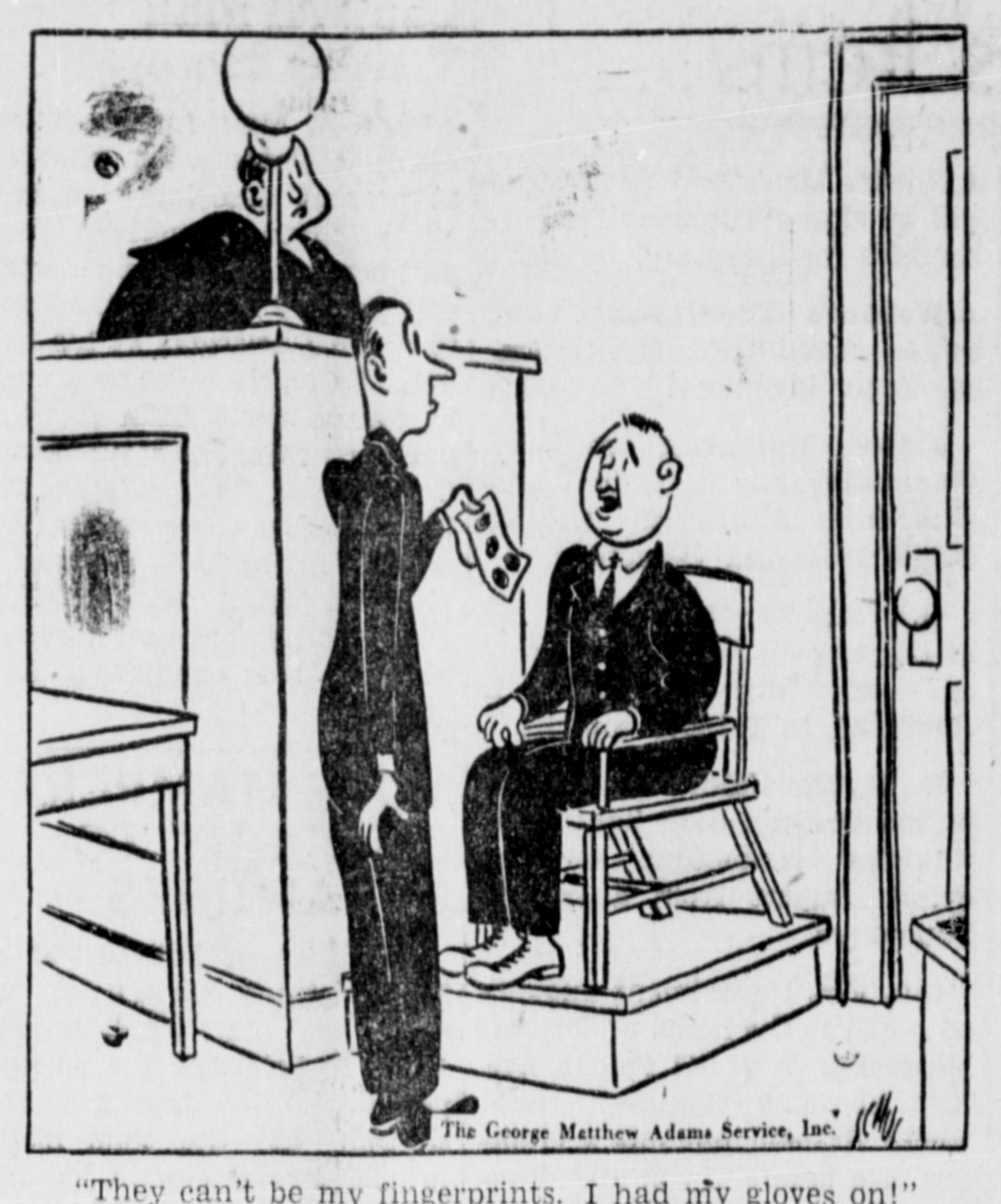
At the outbreak of war 45 countries were annually selling these seals.

Every such seal, whether its motif be the Danish Queen's face (1904), a wreath of holly (1907) or a little boy (1945)—designed by artist Park Phipps, whether sold in Canada or Europe, displays the same emblem—the double-barred cross, in its patriarchal or religious form, used as a symbol of rank or dignity by the patriarchs of Jerusalem and Alexandria. More familiar is the Lorraine or heraldic form of the cross, which was used as the badge of the Free French under General de Gaulle.

The National Sanitarium Association, pioneer organization in Canada to fight T.B., founded in 1896 by a group of philanthropists in Toronto, was intended to be national in scope. But so great was the need in Ontario that its efforts were later concentrated in that province and other associations were organized to cover the rest of the Dominion.

In 1900 there was but one small sanitarium. Now there are more than 30 sanatoria which treat 12,000 patients annually.

THIS AND THAT



"They can't be my fingerprints. I had my gloves on!"

CFPR Radio Dial
1240 Kilocycles
(Subject to change)

THURSDAY—P.M.
4:00—Feldler Conducts
4:30—Artie Shaw's Orch.
5:00—Vocal Varieties
5:30—Remember
5:45—Platter Parade
6:00—Supper Serenade
6:15—Perry Como
6:30—People Ask
6:45—To be announced
7:00—CBC News
7:15—CBC News Round-up
7:30—Panorama
8:00—Winnipeg Drama
8:30—Servicemen's Forum
9:00—Music to Remember
9:30—Isabelle McEwan Sings
10:00—CBC News
10:15—Les Paul Trio
10:30—Benny Goodman's Orch.
10:45—Organ Reveries
11:00—Silent

FRIDAY—A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Breakfast Club
8:30—Music for Moderns
8:45—Morning Song
9:00—BBC News
9:15—Morning Devotions
9:30—Kate Mendelssohn
9:45—Transcribed Varieties
10:00—Showtime
10:30—Round-up Time
10:45—Homemakers
11:00—Scandinavian Melodies
11:15—Thoughts for Today
11:30—Weather Forecast
11:31—Message Period
11:33—Recorded Interlude
11:45—Personal Album

P.M.
12:00—Downbeat
12:15—The Novochord

Northwest Trade Ass'n Meeting

SEATTLE—Another meeting of the Northwest Trade Association will be held here January 11. Foreign trade, international affairs and immigration will be among the matters coming up.

18TH CENTURY MOVE

Before the reign of George II there was no necessity in England for any religious ceremonial in the performance of a marriage, which might be contracted by mere verbal consent.

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Timely Topics from Terrace

ANOTHER TERRACE SOLDIER HOME; CHRISTMAS DOINGS IN CHURCHES

Sapper E. J. Maxsted, R.C.E., arrived during the week to join his wife (nee Edna Dover) and family here. He has been overseas for two and one-half years. He came over on the Queen Elizabeth and spent a week at the home of his parents in Toronto before coming to Terrace. The Maxsteds plan to make their home here.

Bishop J. B. Gibson of Prince Rupert officiated at the Christmas Communion service held on Sunday morning in St. Matthew's Anglican Church. A large congregation was in attendance.

Miss Louise McMillan arrived from Prince Rupert during the week-end to spend Christmas at home with her parents, Mr. and Mrs. Dan McMillan.

Christmas Tree parties were held by all the churches in Terrace over the week-end. The Anglican, United and Pentecostal held theirs on Friday night and the Catholic on Sunday afternoon. These commenced with a program, followed by a Christmas tree. Parents as well as kiddies were in attendance.

On Christmas Day the Bible Study Group held a Christmas dinner for the pioneers—widows and bachelors—of the district. O. T. Sundal donated the Orange Hall for the occasion.

On Sunday afternoon the local sportsmen showed their skill as marksmen at a turkey shoot.

Mr. and Mrs. J. Hagan and Barbara, Mr. and Mrs. T. Turner with Bryant and young Tommy, Joe Schultzic and Mrs. Hazel Agar returned by car from Chilliwack on Saturday. Mrs. Hagan, Mrs. Turner and Joe Schultzic had gone south to see their sick

service and in Shaughnessy Military Hospital in Vancouver. is once more back in Terrace.

Alfred Timms of Kitseelas is spending his Christmas leave with his parents.

Mr. and Mrs. Bill Timms of Prince Rupert arrived at Kitseelas on Friday night to spend Christmas with Bill's parents.

James Stewart, who used to own a meat market here, came from Vancouver on Friday night to spend Christmas with his mother, Mrs. F. Frederickson of Usk.

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IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATOR ACT" AND IN THE MATTER OF THE ESTATE OF RICHARD H. HALVORSON, OTHERWISE KNOWN AS RICHARD H. HALVORSON, DECEASED.
TAKE NOTICE that by Order of His Honour Judge Fisher dated the 17th day of December, 1945, I was appointed administrator with the will annexed of the estate of Richard H. Halverson, otherwise known as Richard H. Halverson, deceased, late of Portland, Oregon, who died at Portland, Oregon, on the 17th day of October, 1944. All persons having any claim against the estate are required to submit them to me properly verified on or before the 31st day of January, 1946, and all persons indebted to the estate are required to pay to me the amount of their indebtedness forthwith.
NORMAN A. WATT,
Official Administrator,
Prince Rupert, B.C.