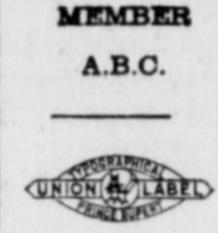
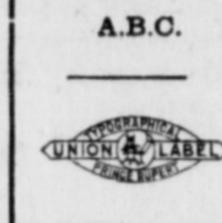
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G. A. HUNTER, Managing Editor.





Election Reflections . . .

British Columbia has swept its coalition government back into office by an overwhelming majority of seats in the Legislative Assembly. Prince Rupert has elected to go into the side of the opposition in provincial affairs as it has already done in the federal field. So we are now completely out in the political wilderness and, in the very nature of things, have placed ourselves in a disadvantageous position. However, it is not the first time that we have been that way and we shall survive although it will be necessary for us to fight and fight even more unitedly—for recognition and the receiving of the consideration which is our due.

It is fitting that we should congratulate the winner here in Prince Rupert — Ald. William Brett, the C.C.F. candidate. There was no one who did not expect he would make a strong run. His election cannot be considered as anything of a surprise in this community which for a considerable time now has been demonstrating increasingly socialistic tendencies. There is every reason to expect that Mr. Brett will give us faithful and sincere representation to the best of his ability. One thing that his constituents will certainly demand of him is that he shall be the representative first of the riding and shall not permit the interests and dictates of his party to supercede those of the community which he has been elected to represent. It will be for

his own political welfare if he so acts and we believe that Bill Brett is conscientious enough to so conduct himself.

After nearly thirty years as representative of the riding at Victoria, T. D. Pattullo, who held and distinguished in his day the office of Prime Minister and practically every other administrative post in provincial government, drops out of the picture. To his many old friends, there is something sad about that. But the old political warrior has nothing to be ashamed of. It is in the nature of Duff Pattullo that he should go down fighting. Premier John Hart, speaking last night after Mr. Pattullo's defeat had been ascer- in its fragrant depth seems made tained, asserted that his one-time chieftain would be sincerely missed in the Legislature of which he had been the honored dean. Mr. Hart simply voiced a sentiment which will be felt throughout the province.

As for the youngest and, undoubtedly, the most vigorous of the three candidates here in Prince Rupert, Bruce Mickleburgh finished up a poor third but he was a buoyant loser. In this campaign he, undoubtedly, won many new admirers —admirers who may not have voted for him. Without question, we shall hear further anon in the political field of the irrepressible young school teacher.

Another election is over and, like the result or not, it is for us all to forget any differences that may have been accentuated in the campaign. The very nature of the result makes it the more necessary that we should get together to work and fight for the interests of Prince Rupert and, if we are to do that, we must accept the result gracefully and in good spirit and be prepared to co-operate mutually in bringing about the materialization and development of those things which are out rightful

Seasonable Ideas for Housekeepers

Soup of the Evening for These Brisk October Days

Soup of The Evening . . . Beautiful Soup for These October Days

Football practice after school, brisk walk home from work through the October twilight and the family gathers round the supper table with appetites that are ravenous.

These are the evenings when a thick soup of the chowder type with plenty of vegetables hidden to order. Servings must be generous of course, for soup like this is a main course, not an

If you have an old-fashoned soup tureen hidden away on a top shelf get it down and use it for serving these whole meal soups. Accompany the soup with a big plate of crips crackers or melba toast, follow up with salad or dessert and even the hollowlegged members of the family will leave the table replete and

There are three recipes from testing kitchens that have what it takes—fine flavor, ease of pre-

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down. Take Gin Pills—the "relief or

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much better you'll feel.

Regular size, 40 Pills

Large size, 80 Pills

In the U.S. ask for

seasonings. Cook 1/2 hour, add milk and reheat. Six servings Onion Chowder

1 cup milk

3 cups sliced onion 2 tablespoons fat 4 cups boiling water 2 cups diced prtatoes

paration and generous quanti-

Vegetable Chowder

1 cup sliced raw carrots.

1 cup diced raw potatoes

2 cups canned tomatoes

1 teaspoon celery salt

1/8 teaspoon pepper

1 cup white beans

3 cups cold water

1 cup canned peas

1 teaspoon salt

2 teaspoons salt 2 cups milk 1 cup grated cheese

2 tablesspoons minced parsley Cook onions in fat for five minutes. Add boiling water, potatoes and salt, Cook until vegetables are tender. Add milk, grated cheese and parsley, and serve at once. Six servings.

Oxtail Chowder

- 1 cup dried peas 3 cups cold water
- 2 teaspoons salt
- 2 teaspoons celery salt 1 lb. oxtails
- 3 cups canned tomatoes 4 carrots
- 2 onions 3 potatoes
- 1 bouillon cube

4 cups boiling water

bouillon cube in boiling water. scones.

Add with vegetables. Cook

hour. Six servings. Keeping Your Cheese Fresh

Cheese must be kept in a cool place. High temperatures cause some of the fate to melt and escape from the cheese. It must also be kept from dampness as this will cause mold. But it is essential that the natural moisture be retained.

The best place to keep cheese is in the refrigerator or a very cool cupboard, free from dampness and it should be kept well covered to prevent drying. To preserve the flavor and texture of a small piece of cut cheese for Soak beans overnight in cold a few days, a wrapping of waxed water. Cook for 11/2 hours or unpaper is sufficient. A widetil tender. Add vegetables and mouthed jar with screw top is an excellent container if the cheese must be kept longer. A piece of paper moistened with vinegar and cut to fit into the bottom of the jar helps prevent mould if it is to be kept for any length of time. A lerge wedge or a small cheese

Home Recipe

WHEAT SCONES

11/2 cups sifted flour

- 3 teaspoons baking powder teaspoon salt 2 tablespoons sugar
- 5 tablespoons shortening 2 Nabisco wheat biscuits
- finely rolled. ½ cup milk.

Sift together flour, baking powder, salt and sugar. Cut in shortening until fine as meal. Add the finely rolled biscuits.

Combine the egg and milk and add to dry ingredients. Mix to a soft dough. Roll out on lightly floured board to make a circls Soak peas in cold water over- 1/2 inch thick. Cut in 12 pienight. Add oxtails and season- shaped wedges. Place on baking ings. Cook 1 hour. Slice carrots sheet. Brush top of each with lenghtwise, cut onions and pota- cream. Bake in hot oven (450 detoes in large pieces. Dissolve grees F.) 12 minutes. Makes 12

may be wrapped in a moistened with vinegar and across Canada after water, using 2 tablespoons of landed from the Ile de vinegar to 1 cup cold water. at Halifax at the first

Dampen the cloth once a week with the vinegar solution. Processed cheese are best stored in the refrigerator and left in the package in which the cheese

was purchased. To prevent waste scraps of death of Mrs. Violet Alga cheese may be grated and stored in a covered jar

Mrs. B. F. Lovin of Princ pert, is among the home ling veterans now on

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